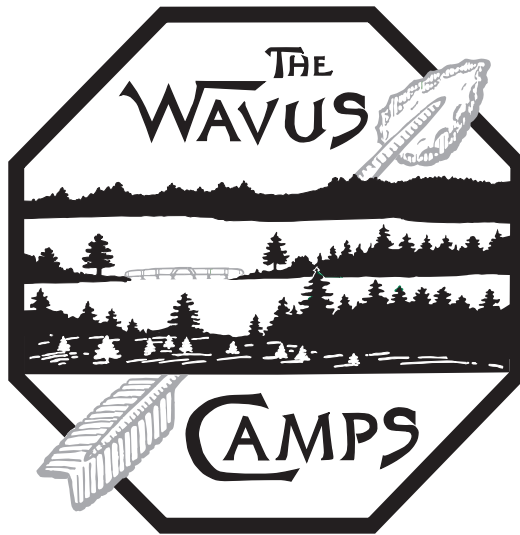


The
Marius
Annual

2009

The Wavus Annual 2009

Published by and for the
Staff and Campers of Wavus



*Printed by the Lincoln County Publishing Co.
Damariscotta/Newcastle, Maine*

Wavus Annual Dedication – 2009



Carol Montgomery

Carol Montgomery joined Wavus in 1997 as Camp Director. Carol developed and spearheaded the Wavus by Day Camp, serving just under 300 campers in surrounding areas, introduced a Math and Science Camp and developed the coed residential program. Wavus became ACA accredited under her directorship. In 2000 Carol stepped into the Executive Director position. She quickly became an integral player connecting with alumni and bringing them back to their beloved Wavus. She strengthened the participation in Alumni Reunions, spring and fall work weekends and fundraising. Under her leadership, a capital campaign was launched to put in place an extensive infrastructure and rebuild the lodge. Carol was successful obtaining many grants in order to rebuild overall camp program. In 2002 both infrastructure and lodge were completed. Carol's enthusiasm, humor and love for "Keeping the Spirit Alive" at Wavus was evident in her commitment to the traditions that fashion the patterns of Wavus.

Thank you, Carol!

The Wavus Poem

by SS Cheyenne

There, in front of my eyes
Are somber shades of blue and green,
A sight so beautiful, so love filled
I know it must be camp.

Everything seems like an escape from real life, struggle, pain, suffering,
Has all vanished here.
But, it is still life, it's just even more than that,
Because everything is amazing and alive
In this brilliant beautiful place called Wavus.

A world with women uniting, together
To be only one,
To defeat challenges, And to look up on the rays of the Totem Pole,
And to seek the right answers, with Courage, Kindness,
Respect and Responsibility, the Wavus principles.

So now,
Once the time has come, For Wavus to end,
We may live about life, with your knowledge about right and wrong
In a way, unlike others
But better
Because it is filled, with so much of this thing, which makes us all one,
LOVE.



Wavus Camp for Girls

RAYS OF THE TOTEM

These are the rays of the totem that burn and gleam bright on our pathway.
These are the symbols we cherish, and through the far years will remember.

High aspiration is pictured by the **arrowhead**, pointing straight upward. Higher and higher we're climbing, each knowing deep joy in fulfillment.

Bravery the **Indian** speaks of the courage to do what needs doing. When the right needs defending, be brave, have the courage and grit to defend it.

Industry we have endeavored to signify by the brown **beaver**. What good are ideals and ideas without the stern purpose of working?

Patience the **heron** must practice while waiting for fish for his dinner. Full many a task is accomplished, if self-control rules our emotions.

Love, said the Master, is the greatest, and we too, would follow the Master. We too, would **love** friend and foe, and help all with deep understanding.

Knowledge is power to master the problems and choices of living. Not only the knowledge of **books**, but the lessons experience teaches.

The **spider** calls us to be **Steadfast**. He'll weave his web over and over. We too, must be willing to try, and try again, times without number.

Forget-me-not speaks to remind us to be **Loyal** in thought, word, and action. To the highest and best that is in us, to the ideals carved on the totem.

Truth by the **grail** is depicted; to be trusted is value unmeasured. So bear thyself daily that none need ever doubt aught that thou doest.

The glow of the **fire** casts its **Radiance of Cheer** into dreary places. So a smile or a laugh lightens a heart that perhaps without you would be heavy.

Often the problems that face us are more than one person can handle. But when two or more **Work Together**, a defeat is transformed into triumph.

Humility bids that we all look to the Master of all for our guidance. He, like the **wheel** of a ship, will charter the course we must follow.

The **Turtle** reminds us of the responsibility we all have as stewards of the environment. We cherish and care for our natural surroundings.

These are the rays of the totem that fashion the patterns of Wavus.
These are the symbols we cherish, and through the far years will remember.



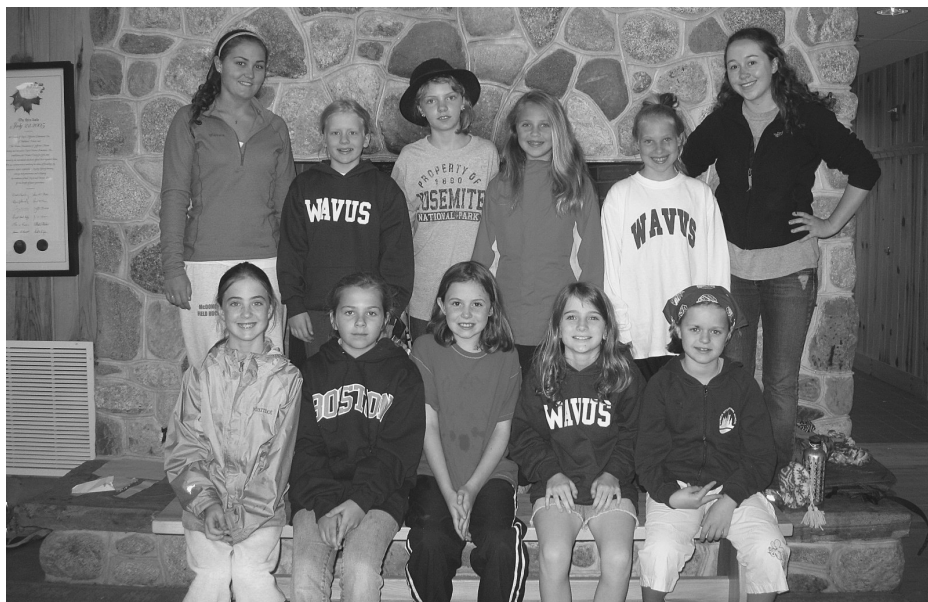
Wavus

By Maggie Fowler

Here at Wavus we have fun
And love to play in the sun
We have some great weather
And at council fire you could get a
feather.

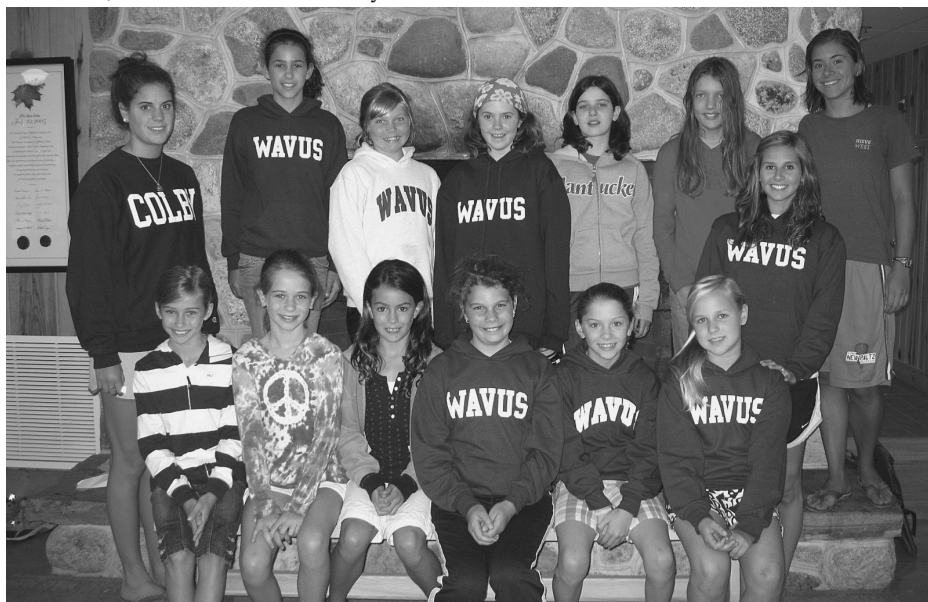
The kids love to get mail
But they don't like to fail
We like to keep things neat
And we love the heat.

Wavus is an awesome camp
It is never damp
We love to go on trips
We will never pitch a fit.



JUNIOR WAVUS COURAGE – FIRST SESSION

Sitting: Stella Noels, Bella Bean, Gracie Griffin, Sabrina Soros, Margie Suinat;
 Standing: Laurie Beth Richardson, Sophie Bird, Coco Rodde, Bri Slobodnik,
 Hannah Jones, Katherine Abbey



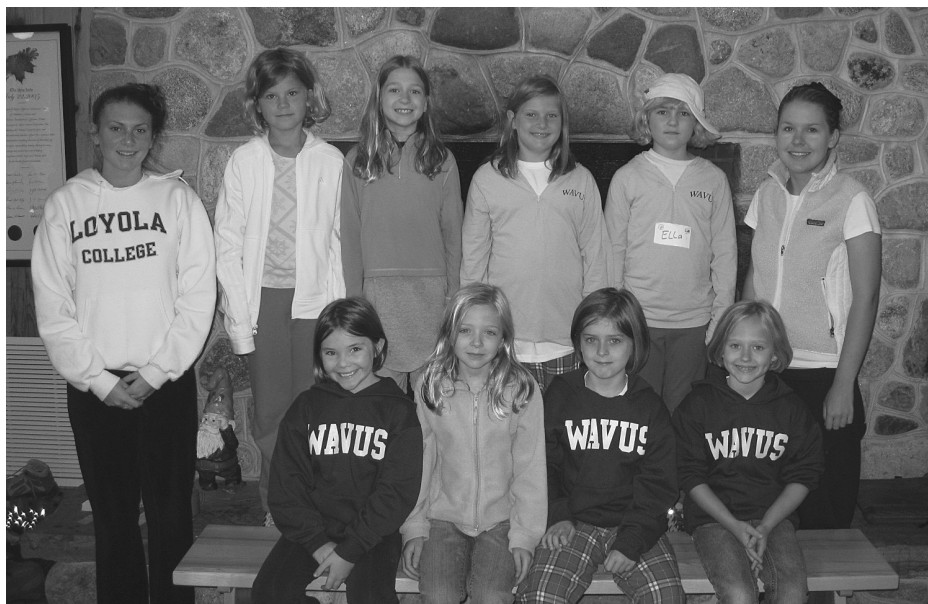
JUNIOR WAVUS KINDNESS – FIRST SESSION

Sitting: Callie Costello, Tessa Mills, Tanner Moore, Annie Polito, Holly Glass,
 Emilie Craig; Standing: Laura Gribbell, Gabby Clifford, Libby Thompson, Maddy
 Leen, Samantha Scali, Alexis Lane, Alex Danz



JUNIOR WAVUS RESPECT – FIRST SESSION

Sitting: Madison Reynnerston, Noa Bengis, Buckley Norman, Sophie Coolidge;
 Standing: Katie Stone, Maggie McManus, Julia Lane, Chase Landis, Adeline Hayes, Isabelle Stone, Sarah Ribet, Grace Shor



JUNIOR WAVUS RESPONSIBILITY– FIRST SESSION

Sitting: Grace Lyons, Kelly Slimmon, Emily Sheehy, Anne Williams;
 Standing: Emily Rutan, Sophie MacKeigan, Georgia Dettmann, Gigi McBride, Ella Moxcey, Kate Hoblitzell



ALGONQUIN - Unique – FIRST SESSION

Sitting: Effie Blue, Anna Holt, Jennifer Herrick, Mia Rosini, Lydia Erdman, Maggie Fowler; Standing: Sara Komorowski, Hildy Schott, Grace Mather, Caroline Schaus, Alix Archambeau, Georgia Collins, Clara Sanborn, Emily Jimenez, Abby Sawyer



MOHAWK - Creative – FIRST SESSION

Sitting: Ali Knowles, Ramsay Everitt, Elizabeth Benham, Margaret Dent, Katie Day, Cricket Dotson; Standing: Anne Warner, Liza Kehoe, Camille Britton, Sam Cadigan, Margaux Forcione, Caroline Fowler, Alexandra Needham, Sara Janiszewski, Jill Witherbee



CHEYENNE - Carefree – FIRST SESSION

Sitting: Annabel von Weise, Katherine von Weise, Katherine Jessup, Josephine Wray, Caroline Jessup, Morgan Burns; Standing: Katie Jacobs, Molly Barrows, Lila Barker, Claire Lindsay, Molly Emmons, Charlotte Phillips, Allison Delgado-Whitehurst, Chloe Kaubisch, Gabby D'Addario



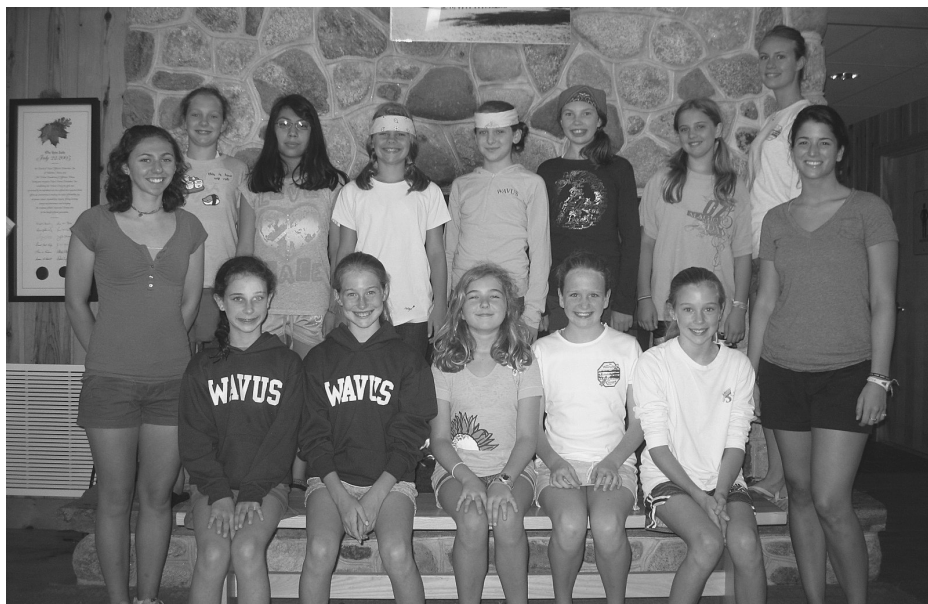
CAYUGA - Quiet – FIRST SESSION

Sitting: Allie Riker, Camille Falézan, Abby Tanen, Catherine McKenzie, Rachael Lurker; Standing: Alice Arsenault, Lexi Schultz, Teddy Herrick, Mini Morris, Emma Cusano, Dede McKelvy, Elise Pryor, Lucy Lynch, Julie Jamieson



CHEROKEE - Communicator – FIRST SESSION

Sitting: Kelsey McEvoy, Clara Parkus, Caroline Arnett, Sophie Stavisky, Aly Gemma, Shelby Hetherington; Standing :Belin McGehee, Jill Quinn, Anabelle Nemeth, Georgia McLanahan, Morgan Palmer, Lynsey Prout, Emma Suits, Erin Berlin, Natasha Cosgrove



NARRAGANSETT - Safe Point – FIRST SESSION

Sitting: JM Mills, Lexi Silver, Caroline Blue, Julia Dixon, Palmer Voorhees; Standing: Marion Buzon, Nina Wilson, Claudia Washburne, Caroline Muller, Crosby Marine, Izzy Layman, Emily Sanborn, Isa Berglund, Christy Tricoli



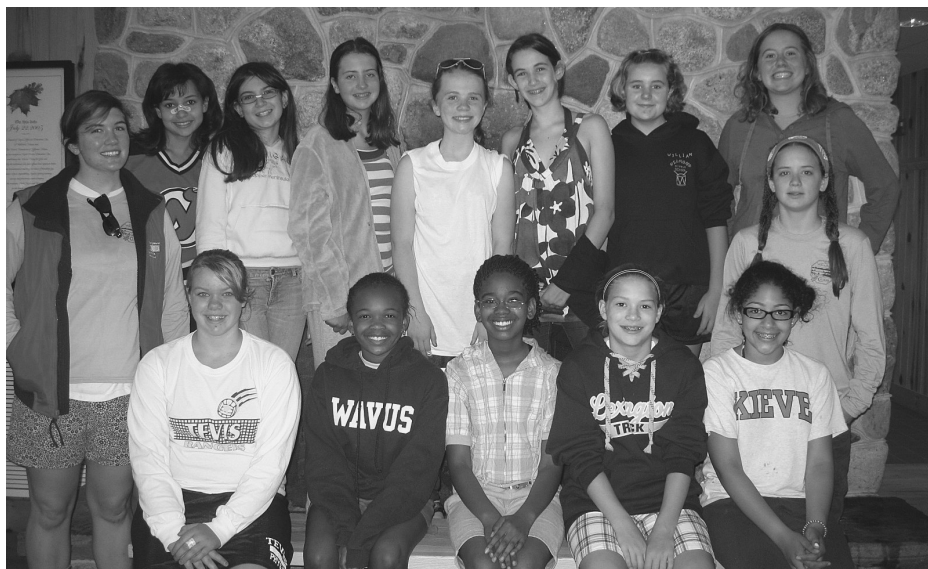
ABENAKI - Dawnland People – FIRST SESSION

Sitting: Ally Coggeshall , Caitlin Wood, Sophie Jensen, Kate Feeley, Erica Concordia, Sophie Hadjipateras; Standing: Kat Barnes, Banks Dotson, Harriet Fink, Annelise Vought, Chase Leisenring, Olivia McCahan, Lexee Pinsky, Erin Malafronte, Caitlin Boroden



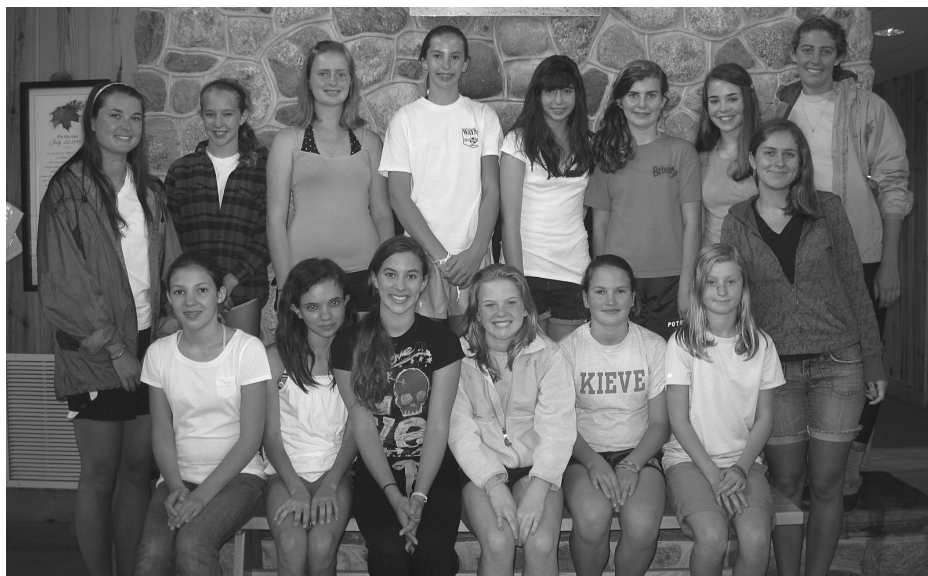
SHAWNEE - Southerners/Warm Heart – FIRST SESSION

Sitting: Caroline Motley, Eliza Potter, Laura Slotpole, Brooke Mullen, Amanda Bozorgi, Meeghan Goldstein; Standing: Devin Tellatin, Maggie Williams, Grace Moses, Emily von Weise, Sarah Hart, Phoebe Walker, Oriana Smith, Nancy Billings, Emma Ram



OMAHA - Graceful – FIRST SESSION

Sitting: Casey Ross, Kai Levermore, Diamond Stevens, Rachel Foster, Starr Ortiz;
 Standing: Lisa Carson, Tirah Hartung, Emma Mazzuchi, Audrey Bransfield, Abby McGrail, Claire Benning, Zoe O'Connor, Leah Agren, Holly Seamans, missing: Madeleine Cross



OJIBWAY - Fire Keeper – FIRST SESSION

Sitting: Tori Anderson, Susannah Davies, Maret Rossi, Kate Hackett, Courts Bliss, Cashel McCarthy;
 Standing: Amanda Leonard, Sophie Kissinger, Crystal Hawley, Nina Luker, Haley Daniels, Catherine Malloy, Charlotte Rowland, Nicols Mabry, Claire Calderon



OSAGE - The Wise – FIRST SESSION

Sitting: Charlie Woodhams, Lauren Stone, Molly Wood, Andrea Silvestri, Lauren Brady; Standing: Molly Driscoll, Katy Ferguson, Caroline Hill, Kirsten Schroeder, Kana Rolett, Lindy Perry



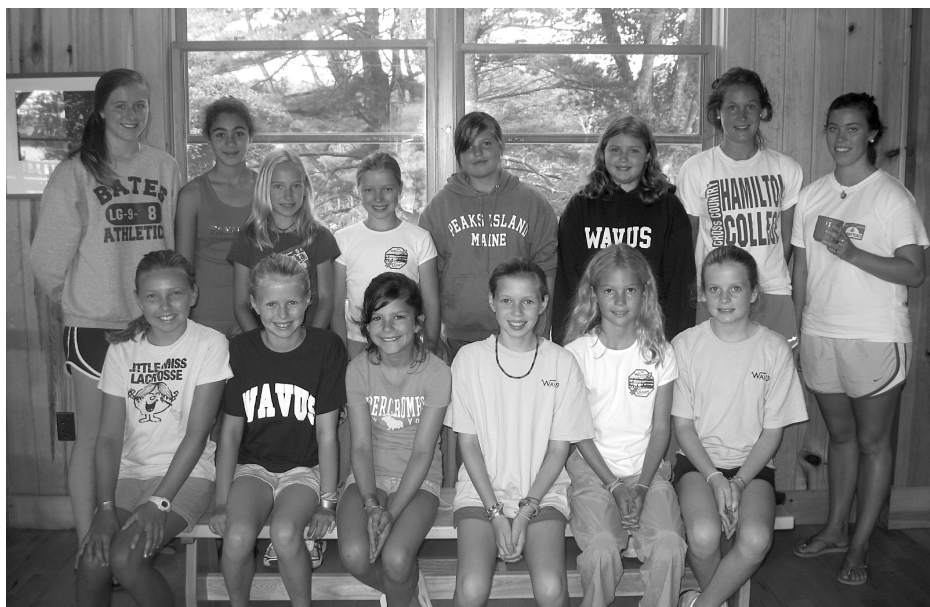
ALLAGASH - Cabin by the Water – FIRST SESSION

Sitting: Ellie Knott, Drew Boulos, Lindsey DeMuth, Catie Hopkins, Daly Arnett; Standing: Eliza Cress, Lily Schrecengost, Emily Rodrigue, Dora Cronin, Cullen LaPointe, Zeeza Cole, Tegan Mortimer, Kelly Orr



JUNIOR WAVUS COURAGE – SECOND SESSION

Sitting: Maddie Pizzella, Molly Madden, Anna Bi Ledwin, Grace Whited, Lily Cooper; Standing: Nancy Brown, Melissa Haynes, Abby Kriekhaus, Julia Hansen, Clara Lawry, Abigail Ker, Jennifer Shorb, Lauren Geddes



JUNIOR WAVUS KINDNESS – SECOND SESSION

Sitting: Kate Hadley, Gracie Zaro, Lucy Perelman, Emma Lawry, Katherine Nicholas, Anna Shine; Standing: Emma Murphy, Julia DeAngelis, Ingrid Sant, Hillary Umphrey, Sophia Kriekhaus, Emily Brown, Abby King, Blair Kennedy



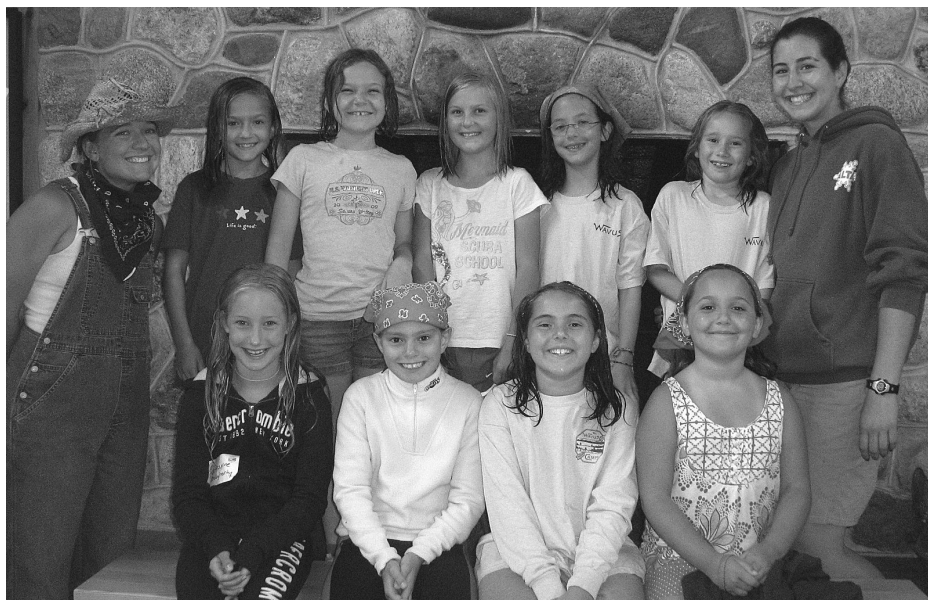
JUNIOR WAVUS RESPECT – SECOND SESSION

Sitting: Callie Carnahan, Molly Dwyer, McKinney Tropea, Anna Patricelli, Meg Waldron; Standing: Katie Lincoln, Tata Zotti, Madison Sarka, Lane Kizziah, Lydia Burnett, Kiersten Haub, Becky Ford



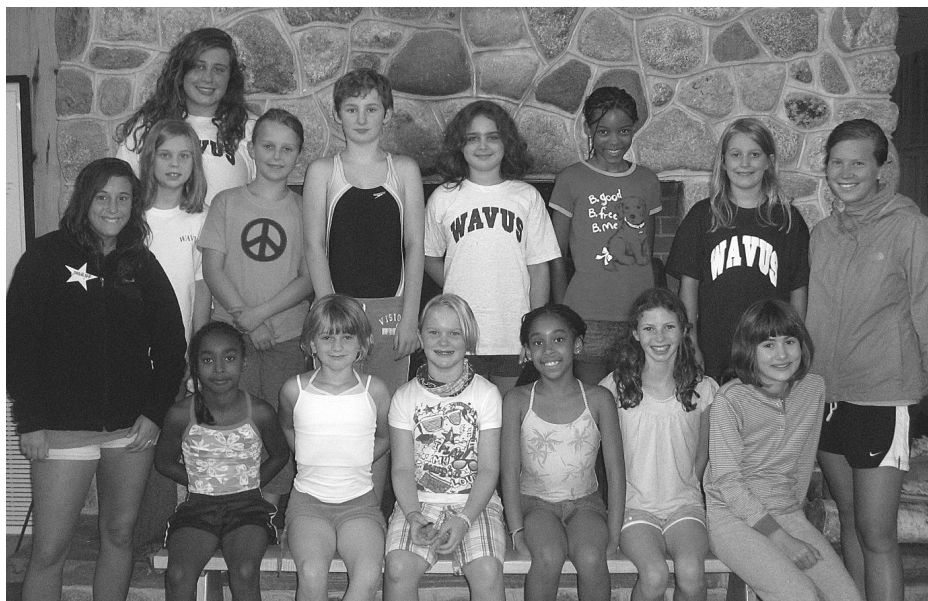
JUNIOR WAVUS RESPONSIBILITY– SECOND SESSION

Sitting: Anna Nicholas, Lilly Fischer, Riley Hicks, Sloane Loveless, Story Hentoff; Standing: Lizzy Bates, Maxx Rice, Louisa Rose, Ellie Ponte, Abby Burrows, Madeline Potter, Zara Norman, Sarah Adams



ALGONQUIN - Unique – SECOND SESSION

Sitting: Katharine Dougherty, Jordana Roet, Phoebe Luftig, Katherine Polyzoides;
 Standing: Kelly Orr, Ruby Kate Gray, Mary Margaret Grassell, Zoey Deutsch,
 Ellie Villano, Sara Komorowski



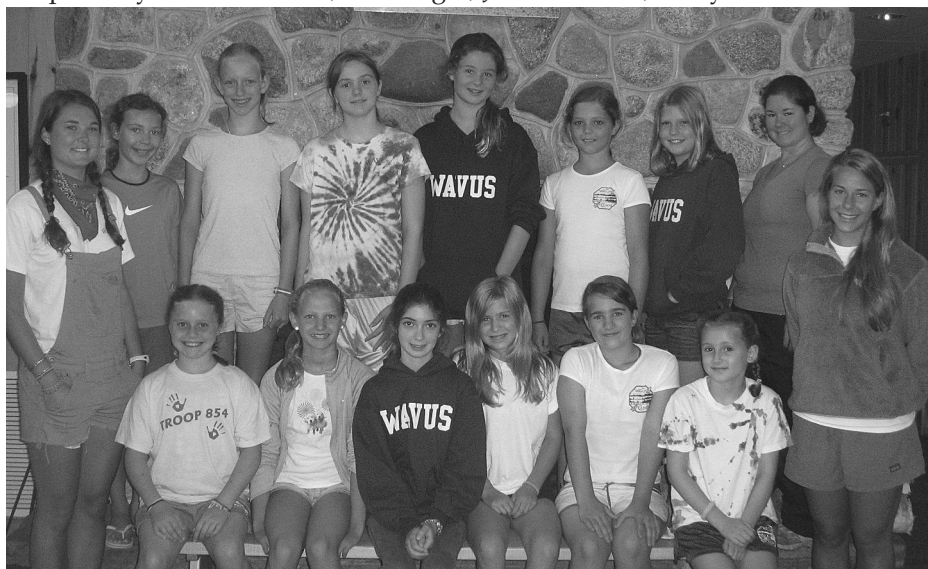
MOHAWK - Creative – SECOND SESSION

Sitting: Kalea Gale, Emmy Byford, Caroline Hill, Lashé Miles, Lindsay Keller, Julia
 McArthur; Standing: Emily Jimenez, Emily Talpey, Molly Barrows, Josephine
 Battle, Liv Olcott, Vale Holguin, Sydney Bennett, Mimi Thomas, Lexi Schultz



CHEYENNE - Carefree – SECOND SESSION

Sitting: Stephanie Krueger, Nicky Fox, Meri Dorman, Livi Jones, Genny Fischer;
 Standing: Cam Powel, Brittany Loveless, Sophie Amaro, Hanna Brinn, Sam Shapiro Lily Tromanhauser, Nat Unger, Jill Witherbee, Holly Seamans



CAYUGA - Quiet – SECOND SESSION

Sitting: Katharine Srere, Courtney Close, Samantha Page, Kathryn Grennon, Lily Susser, Caroline Peters; Standing: Amanda Leonard, Maricha Ring, Ella von der Schulenburg, Emily Townley, Haley McGlooin, Jojo Neess, Liv Clifford, Natasha Cosgrove, Kat Barnes



CHEROKEE - Communicator – SECOND SESSION

Sitting: Molly Tucker, Liza Barnes, Ellery Hicks, Kezia Rogers, Elle Evans, Gabby Lawrence; Standing: Allie Bartholomew, Sarah Wilson, Helary Gladstone, Abby Heher, Alice Bennett, Mary McKenney, Maggie Williams, Caitlin Boroden



NARRAGANSETT - Safe Point – SECOND SESSION

Sitting: Mia Solberg, Olivia O'Bryan, Gretchen Alexander, Sarah Schuham, Marlay Smith, Laura Merlo-Pich; Standing: Emma Ram, Addie Dahlke, Hannah Hicks, Milly Battle, Cami Brown, Ashlynn O'Keane, Morgan Kohlmeier, Julie Jamieson, Irina Beal



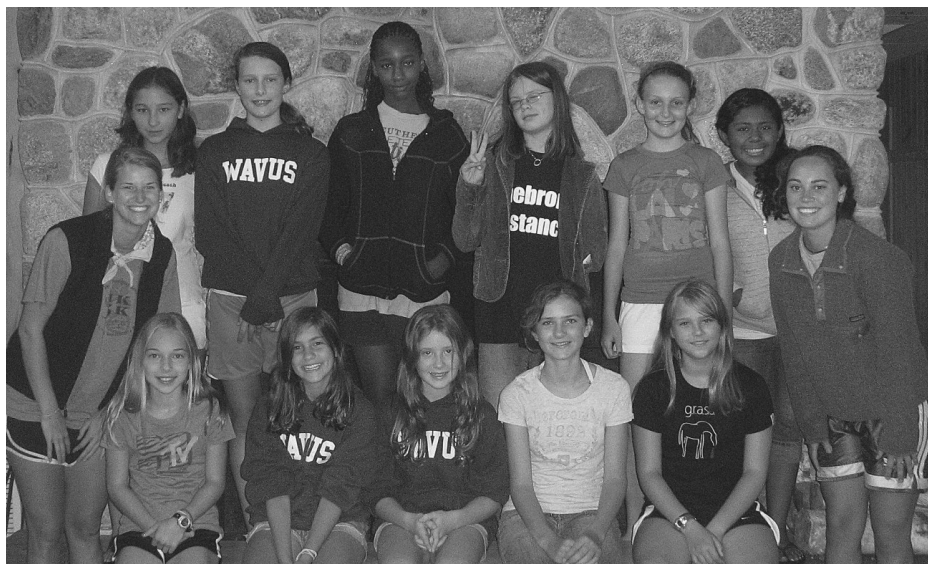
ABENAKI - Dawnland People – SECOND SESSION

Sitting: Lindsay Stewart, Bea Kelly, Joeniquer Munnings, Emily Lynch, Meghan Goodwin, Bridget Lattimer; Standing: Marae Lindsay, Rachel Libby, Kate McDonnell, Hadley Parker, Morgan Austin, Emma Landes, Alison Obstler, Lisa Carson, Anne Warner



SHAWNEE - Southerners/Warm Heart – SECOND SESSION

Sitting: Sam Silverman, Rose Chiarello, Joanie Kinnaird, Abigail Summerville, Lindsay Petralia, Meg Forelli; Standing: Erin Berlin, Grace Concannon, Hadley Brown, Ginnie Durkin, Lauren Raimbeault, Hannah Richardson, Simone Unger, Marion Buzon



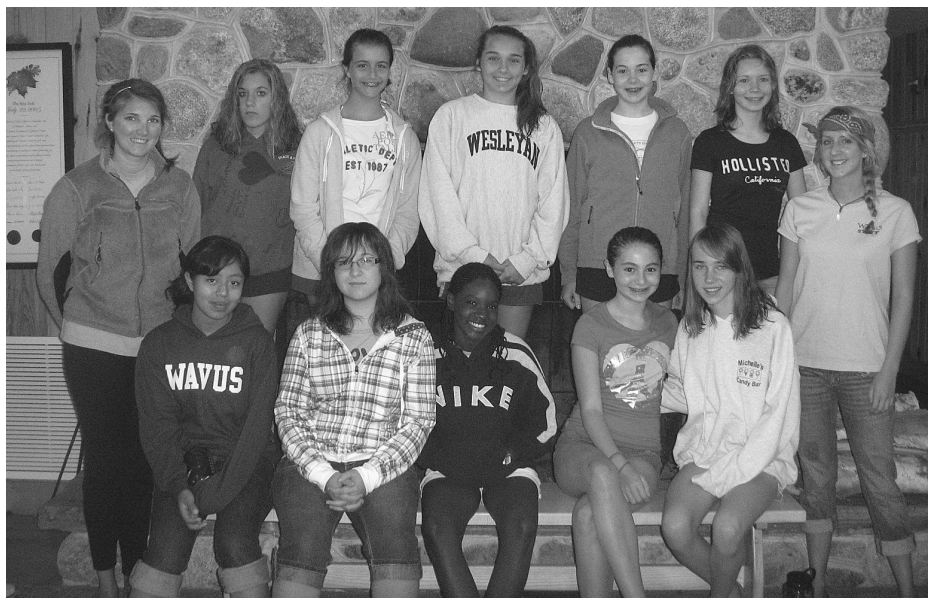
OMAHA - Graceful – SECOND SESSION

Sitting: Rebecca Cibbarelli, Tshipora Hacker, Camille Dunwoody, Grace Glover, Emma Zetterberg; Standing: Liza Kehoe, Ebba Brunnstrom, Cannon Passano, Anna McCartney, Caroline Crocker, Eloise Lobenthal, Marley Santos, Mads Sneed



OJIBWAY - Fire Keeper – SECOND SESSION

Sitting: Meghan Miller, Caroline Wilson, Phoebe Perelman, Darby Philbrick, Hannah Schott, Hannah Barnes; Standing: Alice Arsenault, Alexandra O'Bryan, Skye Strawbridge, Dayla Pascador, Brooke Stewart, Riley Vaske, Katie Jacobs, Erin Malafonte



OSAGE - The Wise – SECOND SESSION

Sitting: Jessie Alavez, Devyn Winter, Jhane Gibson, Emma Howard, Bridget Finnegan; Standing: MaryAnna Lynch, Emily Thieme, Lauren Krueger, Larson Bennett, Eleanor Moore, Liddy Ambler, Megan Lynch



MIC-MAC - My Friends – SECOND SESSION

Sitting: Flo Winkelmann, Rosie Palmer; Standing: Erin Gates, Meredith Petralia, Anna Prince, Michaela Wozniak, Hildy Schott, TT Mund, Katie Moran, Sam Essig



ALLAGASH BUFF – SECOND SESSION

Sitting: Ali Lazare, Emmy Peters, Antonia Naerger, Nikka Pascador, Georgia McKee; Standing: Devin Tellatin, Elle Reynolds, Lia Keyser, Cricket Weymss, Paris Hanson, Molly Billings, Huntley Chapman



ALLAGASH GREEN – SECOND SESSION

Sitting: Lillie Tuthill, Emily Ribet, Ari Miele, Mary McAuliffe, Erin Murphy; Standing: Alex Danz, Lexi Dorman, Emmi Hodess, India Kline, Greta Brown, Sarah Kaplan, Elise Lindsey



IROQUOIS – SECOND SESSION

Sitting: Carolyn Ziegra, Kelly Jost, Carey Hauber; Standing: Belinda McGehee, Laura Lee, Lucy Lynch





Archery

“In case of archery, the hitter and the hit are no longer two opposing objects, but are one reality.” At Wavus this summer all campers participated in Archery with determination to land one or more bull’s eyes, get close to bull’s eye and, in some cases, just hit the target. As campers took line with steady aim it was noted that a hint of “Zen” was taking place. The girls set goals from the medals book with successful outcomes and demonstrated that practice yields results. Archery remains an ever popular activity at Wavus.



Arts and Crafts

The Arts program at Wavus is meant to be fun. The girls are at camp. In contrast to the more structured Arts programs in their schools, the Owl's Nest is a place to discover that there is no right or wrong when imagining. They came with happy ideas and open minds to our little "Hobbit" house in the woods. The second session began with rain and more rain. Our new campers took all in stride and claimed the Owl's Nest for their own. The wind could blow, but no amount of water, soggy paper, or wind or water, could dry up their enthusiasm. With a welcoming fire (when needed), the lake lapping on all sides, and plenty of arts materials, the Owl's Nest provided a literal "port in a storm" ... a very cozy place to be.

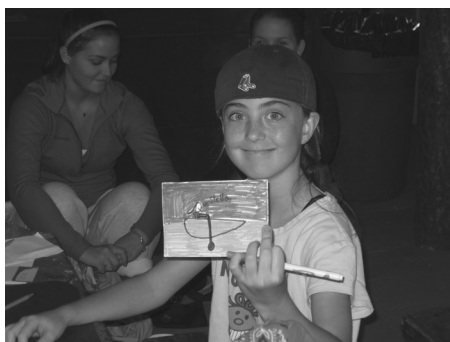
We began by designing and creating personal stationery: writing paper, envelopes and post cards. Letters to and from campers are high on the priority list! Campers drew from nature, camp experiences, and images of home and family to embellish and decorate their letters to their families and friends (especially brothers!?!).

Among the session's activities were "friendship" bracelets, origami, painting in acrylic, tempera and watercolor; drawing using graphite and colored pencils, markers, charcoal. GLITTERing name signs for cabins, pet rocks, gold rocks, "Lisa Boards" (designed by a most creative counselor), finger knitting (using miles and miles of yarn), simple book making: ribbon, markers, watercolor, acrylic and tempera paint, lots of experimenting with materials: collage with sticks and



stones, paper and fabric scraps, and..... more GLITTER. Tissue paper peonies, carnations, poppies, and roses as well as wild "no name" creations supplied flowers for cabins, the Jewel and for a very special mock wedding. The girls also experimented with jewelry making...silver and copper wire "cradling" stones from their hikes, beads, and natural fibers such a hemp and silk with beading. So many of these projects were suggested by the campers themselves and the counselors brought wonderful ideas to us as well. Thank you!

Each year, the campers also create an original work of art to leave behind in celebration of their time at Wavus. This year each camper painted, on a 12 x 12 square of fabric, an original interpretation of a letter from their cabin's name. These squares are being fashioned into wall hangings that will be displayed in the Jewell next summer. The girls will be very pleased with the results, as I am. Thank you all...you are the best!



Canoeing

The young ladies of Wavus have braved the winds and gray weather on Damariscotta Lake once again! In the beginning it was trying times - people paddling on the same side of the boat and floating over in to the marsh grass, but everyone has improved greatly! Paddles have dipped in and out. Everyone's J strokes and C strokes have been perfected (ish). And a few cabins have even mastered T rescues! Whoa! That is impressive! We'll be ready and waiting at the boat shed when you come back next year!

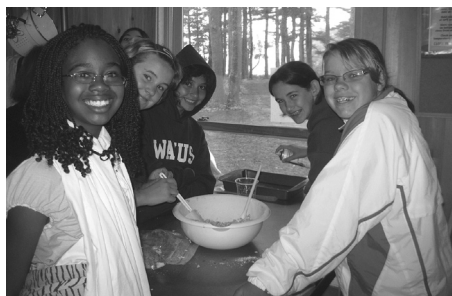
Wavus girls learned and practiced paddle strokes from the bow and stern positions along with safety and rescues skills. Many campers enjoyed paddling in the cove while working on improving and mastering their strokes and some discovered how difficult it can be when paddling with/against wind. Several cabins had primer trips on the lake, paddling to overnights at the Rodriguez's and Fennimore sites. Some cabins paddled the entire lake's length (14 miles) to the Mills portaging into the Great Bay. Wavus canoes could be seen on the lake this summer, along with our "War" canoe. Omaha (session II) cabin proudly paddled the war canoe from the Pris (Wavus alum) and Bill Watson's woodworking barn, where Bill did the finishing work to make the war canoe once again useable. Thanks, Bill and Omaha! Our hats go off to all those who paddled to Jefferson Scoop (aka: J-Scoop), something we think every Wavus camper should accomplish... most satisfying way to eat ice cream!



Cooking

Kim Townsend

I was not surprised when cooking yielded another sweet summer! Once again the girls were eager to share their creations with fellow friends, counselors and staff. Their commitment to creating and sharing their successes in the kitchen is truly a gift that keeps on giving even after the last bite is taken. Granola bars and sweet breads were made by the campers for their trips. They not only prepared delectable items for when they were away from camp, but also for on campus enjoyment including the two mock weddings. Our teams of Wavus cupcake makers produced a beautiful array of well-designed mock wedding treats for everyone to enjoy. A Wavus Cookbook made its debut this summer, specializing in Wavus recipes that the girls made throughout the sessions. When you start missing camp this winter, just remember to pull out the Wavus Cookbook and fill yourself with the joys of the summer.



Field Sports

Amanda Leonard

The location of our field sports field is the grassy area around our flag pole, but does also extend to our baseball field near the entrance of camp which can be used for large games of kickball or wiffleball. Field sports takes place during the morning activity periods. One or two cabins will be assigned and they come down to the field where the campers and counselors decide together what game to play. Favorites are soccer, kickball, capture the flag, spud, lacrosse, and a camp wide favorite of tetherball. A new favorite was introduced to some of the cabins who were lucky enough to have Erin during field sports and were able to play dragon tails, where the girls would tuck napkins into the back of their shorts to represent a tail and would run around the field while trying to be captured! While the weather was a little difficult to deal with in the beginning due to all the rain, the girls of Wavus always showed up with a smile and ready to play!



Pottery

Shell Noiles

This year at Wavus, the pottery studio was humming with the wonderful sounds of creativity. Campers were enthusiastic as they were arm-deep in clay and water. Whether it was on the wheel or on the table, the girls were busy creating all sorts of unique projects. This year we continued the tradition of tile making. Each girl created and designed her very own tile that is proudly displayed along the porch of the pottery studio. We hope to continue this tradition in the years to come, so that when they come back to visit Wavus many years down the road they will be able to look for their tile that represents every year of their Wavus journey.

The delightful campers of first session crafted pots, mugs, and sculptures. Often these projects turned into gifts for family members or keepsakes to remember their time at camp. These girls also loved learning to master the pottery wheel. While it was certainly messy at times, we had lots of fun creating vases, bowls, and pots.

The fun and energetic campers of second session delved into projects such as, wind chimes, piggy banks, cups, and wall hangings. They too spent their time on the pottery wheels to create beautiful bowls and plates.

With all the fun and excitement we had in the pottery studio this year, I look forward to see what these imaginative and artistic young ladies will create next year!



Riflery

Ann Warner

This session in riflery the girls mastered the ins and outs of target shooting with the .22 rifle. At the beginning of the session all campers learned the intricacies of safety and aiming. Every camper learned the parts of the rifles (chamber, trigger, safety, and sights) and became quite familiar with the different ways to load their guns, position their bodies and aim. Most importantly each girl understood and memorized all of the safety precautions, including when to shoot, how to use the safety protections and when to enter the range, to name a few. Many of the new campers had very little experience with rifles and most returning campers had a whole year away from the range, so instructors worked hard to provide thorough and interesting demonstrations of how to use, aim and shoot rifles safely and successfully. After much practice, patience and perseverance, some girls transitioned from barely being able to hit the target to successfully scoring highly, and even sometimes hitting the bull's eye. Everyone improved dramatically over the course of the session. The girls brought their enthusiasm and interest in trying something new and different, making riflery a rewarding and memorable experience for everyone.



With the warm, sunny weather riflery was awesome second session! All cabins had the opportunity to learn the safety precautions and technique of riflery. Some cabins came to riflery many times over the course of the session and really mastered aiming, shooting and scoring. A usual period at the riflery range started off with a review of safety precautions. Girls discussed what they thought was most important to keeping everything safe at riflery. The most important rules that were stressed at every period included keeping the rifles down-range, remembering to turn the safety on except for while shooting and only touching the gun when the range is hot. Paying attention to all safety precautions made a potentially dangerous activity fun, interesting and safe. Later, half of the girls hung up their targets, practiced loading, un-loading and aiming. Next, they all shot a full round of bullets (either 6 or 12). Finally, after everyone finished shooting and the range was cold, the girls would collect their targets and the other group of girls hung up their targets and we repeated the entire process again. Many campers were incredibly successful in riflery this session. Multiple girls got bull's eyes and many others scored above 50 points. Everyone certainly approved over the course session. Girls who had never held guns before they came to Wavus were hitting the target and scoring higher than they ever imagined. This session, riflery at Wavus was a fantastic opportunity to expand one's comfort zone and try something new!



Ropes

Kara Fagan

First Session: It was another successful camp season with campers braving the elements to enjoy the ropes course offerings. Campers took to heart our motto of “challenge by choice” and opened themselves up to new and often demanding experiences. Each cabin came down several times to complete low elements in the morning, building trust and communication and working towards a common goal. In the afternoon, campers signed up for high elements; popular choices were the Giant Swing and the 2 person climbs (the Vertical Playpen and the Giant’s Ladder). Throughout the session each camper had the opportunity to build her ropes course vocabulary and knowledge of basic belaying and spotting techniques. As campers gained more expertise on the course, they were encouraged to take on more challenges and share their skills with others. Ultimately, each camper left the ropes course having gained self-confidence and a better understanding of group dynamics.

Second Session was wonderful with the gorgeous weather and diverse climbing opportunities available to everyone. Many of the campers had opportunities to go over with their cabins and climb in the Buck building, the beautiful new indoor climbing facility at Kieve. Others got to try out the portable climbing wall that we set up near the entrance to Wavus. Each camper had multiple opportunities on both the low and high elements available, working on teambuilding in the mornings with their cabin and trying the higher elements individually in the afternoon. None of this could have happened without our energetic and hard working 10-person staff who helped the campers safely challenge themselves. It was also great to see so many families (especially younger siblings and parents) trying the elements on the two parent days we had throughout the session.

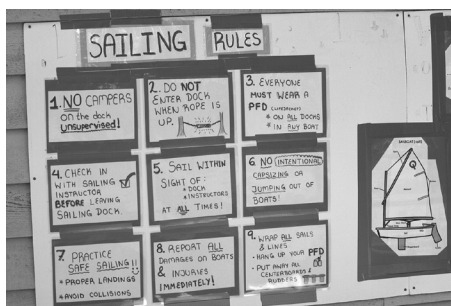


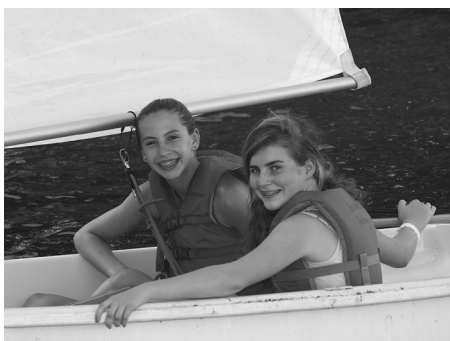


Sailing

Thanks to the prevailing winds on Damariscotta Lake Wavus enjoyed an excellent session of sailing! We used our Optimist sailboats (Optis) daily to learn about sailing techniques and refine sailing skills. Beginning and intermediate classes were taught each morning by cabin, giving each girl the opportunity to try sailing for herself. Winds before noon on Damariscotta Lake are favorable for gaining confidence on the water, practicing new skills, and having a fun time cruising on the water. Afternoon signups allowed for further improvement and strengthening of sailing skills and were usually accompanied by stronger winds. Every camper was and is always encouraged to try her best in sailing, to master the technique and understand the mechanics of these great boats. See you soon for more sailing endeavors!

2nd session Wavus enjoyed another action packed session of sailing on Damariscotta Lake! We used our Optimist sailboats (Optis) to learn about sailing techniques and refine sailing skills. Beginning and intermediate classes were taught each morning by cabin, giving each girl the opportunity to try sailing for herself. Skills gradually improved throughout the session as new sailors gained experience and comfort on the water and seasoned sailors were able to test their skills against the current and persistent winds. Afternoon signups allowed for further development of sailing skills and were usually accompanied by stronger winds. Days when the wind didn't quite make it to Wavus were spent refining and perfecting capsizing recovery skills. Every camper was and is always encouraged to try their best in sailing, to master the technique, to understand the mechanics of these great boats, and to have a fun filled adventurous time!





Tennis

Isa Berglund & Lizzy Bates

This session's tennis was awesome! Despite the rainy weather we managed to hit some nice forehands and backhands and, of course, have our own tennis tournaments. Some of the cabins also participated in the new game "Beat the record," where the cabin had to co-operate and hit as many balls possible over net.

We also paid specific attention to forehands and backhands by trying to hit aims. A lot of the girls really improved their skills and by the end, the majority of the group would tip the target (a tennis racquet, of course) over. Sweet!

Second Session: The courts have been on fire at tennis this summer. It's been a swinging time with the campers playing Queen of the Court. The girls have improved upon their forehands, some have learned the backhand swing, and others were looking for a challenge. The girls had a blast running around the courts, volleying, lobbing, and learning the wonders of top spin.



Snowgoose

Summer 2009 saw many hours of outdoor enjoyment for campers and counselors alike aboard our 42 ft lobstering vessel, the Snowgoose. Many campers had the opportunity to spend a day fishing, lobstering, and swimming off the boat at some point during their time at Wavus. Wavus campers even managed to break camp-wide records in two areas: Number of Consecutive Minutes spent in the frigid Muscongus Bay waters, and Number of Jumps off the top of the 'Goose (well over one hundred)! Captain Bill and First Mate Nicole provided safety, knowledge, and strong navigation skills for the day trips, and definitely made the Snowgoose a highlight for everyone at Wavus this summer!

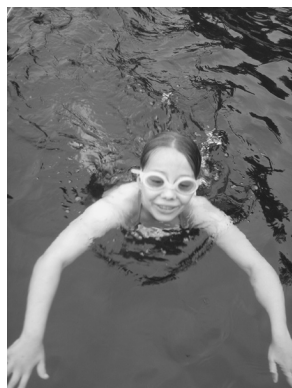


Wavus Waves

First session campers beautifully handled the cool temps and rainy nights by discovering that aerobic exercises were necessary before you jumped in, warming up the muscles as they prepared for their swim but the good news was that water temps were warmer than the air and you never wanted to get out! Second session campers were able to jump into the refreshing summer waters with ease as they daily checked the water temp barometer. Morning scheduled Wavus Waves at the Crib both sessions included stroke improvement, endurance skills, island swims and with time spent on water safety awareness and building confidence in all areas. Swim USA still holds a challenge for goal setting and all out fun for those who like swimming their way across the entire United States. Our daily free swims from Crib to Causeway were great fun for those who were kin to fish and seal, lap swimmers or the dip, read, rest crowd. Highlights, of course, were the dock/raft performances that showed aqua talents.

Weather gave way for second session campers to complete whole camp island swim on the final Friday. The early morning Wavus Camp swim was met with 154 girls dressed and ready to go, a shimmering glass lake with lifting fog and a magical sunrise. Staff paddled alongside the swimmers and it was a GREAT way to be together on the water! It was noted from the kitchen staff that the girls ate the most breakfast foods ever after the swim....you go girls!



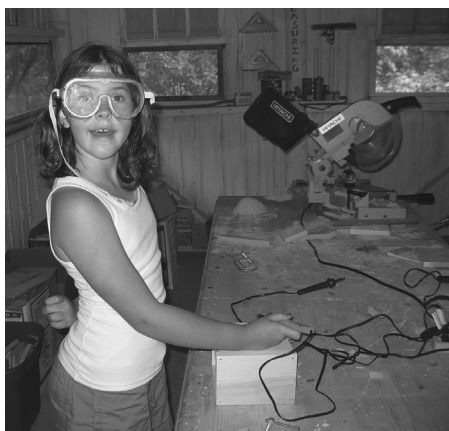
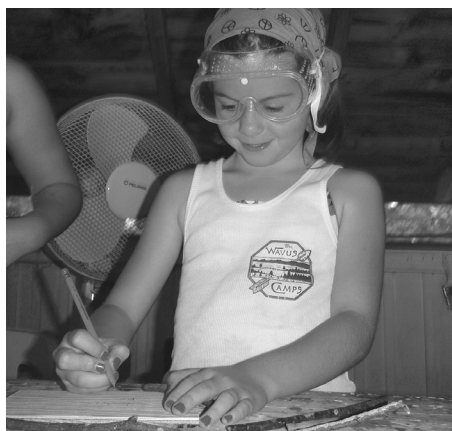


Woodworking

Julia Fischer

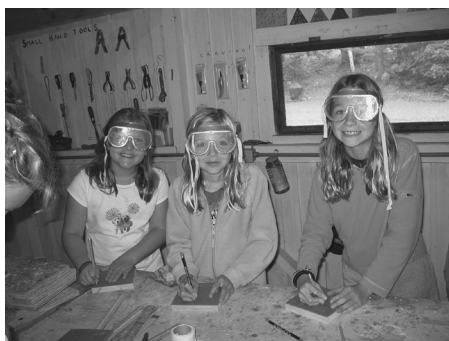
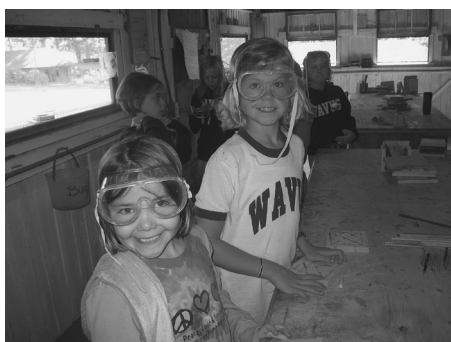
First session in Woodshop the girls learned how to use coping saws, metal files, hammers, and hand drills. By the end of the session they were able to help instruct each other on the proper way to use these tools. They safely crafted keepsakes such as wall hangings with names and messages written with wood burners, picture frames, Chinese checker boards and carved spoons. Most of the campers chose to create gifts for friends and family. I strove to help them take their time and do their best quality work. The most dedicated girls came back for several afternoon sign up periods in order to finish detailed jewelry boxes and carved-out additions to their checker boards.

They all now know that the first step to every woodshop project is to sand, sand, and sand. I was excited to see how enthusiastic the girls were about Woodshop as sign-ups filled up quickly each day. I also let the girls be creative and think of their own projects if they had already completed something with their cabin. We had a few bird feeders, a wooden robot, and a giant spoon.



Second Session: All the campers learned some new skills and created nice crafts in Woodshop this session. Some of the favorite projects were fairy houses, boxes, and wall hangings with messages wood-burned into them. The Iroquois girls carved wooden spoons to take on their 100 mile backpacking trip. Some cabins collaborated to create gifts for the community. Two Junior Wavus cabins and two full session cabins crafted beautiful bulletin boards to hang in their cabins.

The campers learned how to safely use hammers, sand paper, hand drills, coping saws, and clamps. They enjoyed finishing their projects off with wood burning, painting, and staining. I was pleased to see how excited the girls were each day to sign up for woodworking as an afternoon activity. I hope that they will keep their projects, either on display in the kitchen or tucked away in a special drawer, and remember how much fun we had together in the Woodshop at Wavus.



Ice Cream

Wavus is not complete without trips to J Scoop or Round Top Ice Cream!

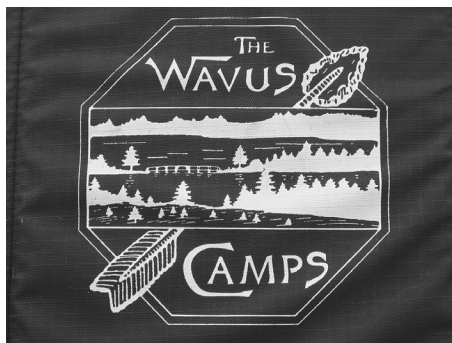




Energetic, exciting, funny and more!
Oh Yea! Ice cream...Woohoo!

Chapel





First Session G.O.D. Reports

June 25

Elizabeth Bates

We kicked off the first day of camp, of the 2009 summer, paying tribute to our senior citizens. For our first day, we needed a hearty breakfast, which consisted of sausage, french toast, fruit and cereal. After breakfast, individual as well as cabin pictures were taken of each smiling girl. Following, were their swim tests, where the girls had their first dips of the summer, into the lake. The afternoon was packed with much fun as the general activities of daily camp life went underway; riflery, ropes, sailing, pottery, woodworking, archery, etc. These activities then brought the campers to a much-deserved dinner! After a fulfilling feast, the girls introduced themselves and their individuality with theatrical skills by performing skits. All the campers laughed and cheered for their new friends before retiring to their cabins to conclude a perfect first day of camp.

-Mary Anna Lynch

June 26

Today Wavus enjoyed a beautiful Maine, sunny day. Allagash left for their primer canoeing trip on Damariscotta Lake. The theme of the day was Cops and Robbers. Each cabin was assigned to be either a cop or a robber and was given water guns to soak the other team in between activity periods. Cops made badges and robbers put duct tape around their black shirts to imply prison stripes. Shrieks were heard around camp as the girls got sprayed! There was a wide variety of awesome afternoon sign up activities, including kickboxing, soccer, gardening, bouldering, puzzles, pet

rock making, and island swim. We enjoyed a delicious Italian dinner of spaghetti and meatballs, garlic bread, and Caesar salad. Everyone was stuffed! The fun continued into the evening with Capture the Flag and cops and robbers. The counselors enjoyed the games as much as the girls did! The games then ended with a Wavus tie, of course. After a wonderful, fun filled day, the flag went down and we went to bed to get ready for Circus day tomorrow.

June 27

Christy Tricoli

Circus Day



On the first day of camp, our cabin shared and compared costumes with each other as we unpacked. We discovered that many girls had brought crazy clothes with funky colors and shapes, so we decided collectively to make our cabin day "Circus" themed. In the morning, we put on our best outfits and headed down the cabin row for flag. After raising the flag, we sang five songs with the camp in a circle, with topics ranging from bakers to dead men to Tarzan!! Then, we headed to the Jewell Lodge for breakfast. As we entered the building, you could hear stomachs groaning all around at the smell of delicious blueberries and apples. The kitchen staff had made us apple and blueberry crepes--a delicious and luxurious meal that would set the pace for the day ahead.

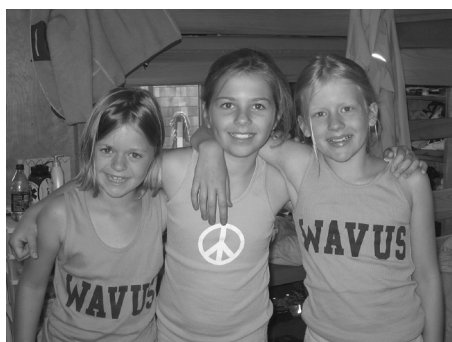
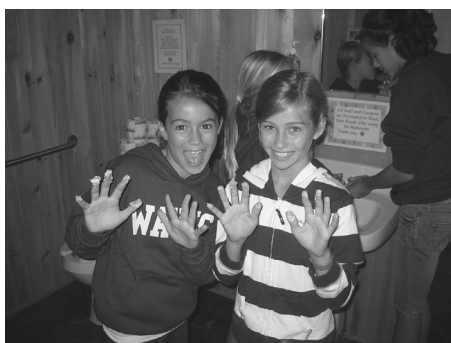
After breakfast, the women of Wavus went back to their cabins for cabin clean-up. Then, they headed out for their three morning activities. The weather was cloudy and somewhat foggy for these three periods, but

that didn't stop the girls from taking an island swim in the lake! The lake water was quite warm, so many of the cabins gladly hopped in the water with their swimsuits and life jackets to make their first island swim of the year. Other land activities, such as riflery and pottery, went off without a hitch without the rain. Lunch time brought familiar aromas to all of our noses. PIZZA DAY!! Cheese, pepperoni, feta, basil, vegetable--the works! As we all enjoyed our pizzas, girls signed up for the afternoon activities. We decided as a staff to try something new with the afternoon activity sign-ups, and the campers seemed to like it. We made individual sign-up sheets for each activity 4th and 5th period and lined them up on a table in the Jewell for the girls to come in and sign up themselves. This made lunch less chaotic and gave the campers the opportunity to leave earlier to their cabins for quiet hour. After quiet hour and general swim, the girls headed to their 4th and 5th period afternoon activities. Ranging from pet rock making to power walking, the campers loved the variety and enjoyed the opportunity to spice things up. After the end of 5th period, we made our way to the picnic tables outside of the Jewell to eat dinner outside because the weather was GORGEOUS!!! The sun had finally emerged; making 6 o'clock feel like it was the afternoon rather than the evening. Excited campers gathered 'round for a wonderfully messy meal of barbeque ribs, beans, and corn bread. The corn bread was a hit--many of the girls exclaiming that it was the best corn bread they had ever had!

Once dinner concluded, we sent the campers back to their cabins for thirty minutes in order to set up the evening activity. To keep with the

circus theme, we made the evening activity a Wavus Carnival!! We set up six booths: Fortune Telling, Hair Braiding, Face Painting, Dance Contest, Hula Hoop Contest, and "Take Your Picture as Wavus Woman." We had planned on including a "Bobbing for Apples" booth, but unfortunately the apple shipment had not come and we decided that "Bobbing for Grapes" would be far too unsanitary. Once the girls arrived, the circus music was pumping and the camp was ready for a party. Girls got their faces painting with peace signs and cat faces while others had their hair braided with beads and neon rubber bands. The dance competition and hula hoop contest eventually merged into one big dance party in the Jewell. The Wavus Woman life-size cut-out was a hit with the campers as they placed their heads above her shoulders and smiled for the cameras. The fortune teller was the most popular booth of the night, as our counselor Molly used cards and a "crystal ball" (made of a dodge ball covered in tin foil) to predict the girls' futures. After about 45 minutes, we gathered all of the campers in the Jewell for a final dance to the song "Love Story" by Taylor Swift. We then headed back down to the flag to conclude our day. As we lowered the flags, I looked around the circle at girls dressed in colored spandex and clown wigs, with braids dangling and colorfully painted faces, and I knew that Circus Day had been a success. We went back to our cabins for the night and dreamt of carnivals, unicycles and bearded ladies.





June 28

Isabelle Berglund

The first Sunday of camp started off with the traditional roll in breakfast, which included the delicious treat of doughnut holes, served and cooked by our beloved Suse and Carolyne. After our comforting breakfast, we went to chapel, but since Maine had decided to show its rainy self, we had to move into Andrews Hall. All the cabins had picked either a song or a poem to share with the rest of the camp.

The theme of the day was DESTINATION UNKNOWN, so to everyone's surprise, the Jewell had transformed into a giant aircraft! Hot Snacks (Freshly baked Pretzels) were served during flight. The girls traveled to Sweden, Africa, Asia and space before the settled in to their final destination: New York Fashion Week! All the counselors walked the runway, and what is a catwalk without goody bags?! All the girls received one each.

After dinner, the girls got the chance to show off their skills in the Wavus Talent Show, which was a huge success. Despite the rainy weather, the camp went to bed very happy and content with their first exciting Sunday.

June 29

Kelly Orr

Hippie Day got a groovy start as the girls of Allagash led the camp in an exciting rendition of the Bubblegum Song. There were two birthdays to celebrate this wonderful day which meant A LOT of skipping around the room! Breakfast was also interesting because some of the counselors have been leaving the Beaver dirty....time for Beaver duties! A quick game of wet musical chairs helped us identify Liza as the culprit! The day was a

cloudy one, but the girls kept their spirits up as usual. By the time dinner rolled around, most cabins were back on campus so we were able to enjoy a cozy meal of chicken parmesan and pasta (thanks Mary!) together. Our first council fire of the session concluded the evening, and as we honored the Totem and sang "Peace Like a River", it was clear that EVERYONE is ready for more amazing Wavus summer days!!!

June 30

The girls celebrated Green Goddess Day yesterday, complete with togas! The morning got a good start with the singing of the Cow Song, the Banana Song (with the help of the Iroquois girls), and the Llama song.

Lunch consisted of a whole bunch of hot soups, along with some nice ham, turkey, and veggie sandwiches to go along with them.

That night after dinner the girls participated in the Wavus Olympics! There were 6 Goddess Groups (Demeter, Aphrodite, Hera, Artemis, Persephone, and Athena), each with two leaders. Everyone in camp was divided, including each cabin! The 6 different events were Tug O' War, a whipped cream eating relay, Frisbee throw, Water Balloon Toss, Hula hoop race, and the relay obstacle course (complete with cartwheel!) Each group attended every event, and at the end of the Olympics the points were tallied up. The cabin with the most gold medals got to eat first!

July 1

Emma Ram

July is here, but has to bring the warm, sunny weather we have been waiting for. The girls of course, still had a fabulous day. The theme of

the day was Twins, so everyone was encouraged to dress like one of their cabin mates. Some of the girls got super creative and showed up to Flag dressed as Siamese twins. The Evening Activity was a counselor scavenger hunt! The girls searched throughout the camp, from riflery to the ropes course, to find pairs of counselors dressed like twins. When they found a one twin, they would then receive a clue as to the location of their other twin. Cabin Cherokee was the first group to find all 10 counselors hidden around camp. The cabins then took great group photos with each counselor. What a packed, crazy fun day!

July 2

Hildy Schott

The girls had a great time today! The theme was robot, so we started out the day with the robot song—similar to the penguin song except sung with electronic voices. Then, a delicious bacon and French toast breakfast gave the girls energy for activities. They had a great time at ropes, art, pottery, dance, and soccer. Unfortunately the weather was on the colder side, and only a few braved the water during general swimming. As the day went on, Wavus welcomed some new faces. Junior Wavus girls arrived, suitcases in hand. They unpacked and made themselves at home in their new cabins. It was finally time for dinner, a tasty meal of meatball subs, pasta, and salad. When dinner ended, the Junior Wavus girls headed to their first council fire while the other cabins in camp performed robot skits. Each cabin had to incorporate a banana, a randomly assigned quote, a famous robot, and the robot dance into the story. We watched a lonely microwave find true

love, the Wavus kitchen appliances travel the world, and the girls at Wavus repaired an ancient robot found at the ropes course. The performances were truly creative and quite hilarious! Bravo! Finally, we capped the day off with a techno-electronic dance party. Of course, the only acceptable dance move was the robot. All in all, the day was pretty great!

July 3

Yesterday's theme was Halloween. The girls dressed in fun costumes, such as surfer girls, princesses, and lobsters! The evening activity had girls travel with their cabins to others for "trick-or-treating." However, the girls had to play a game against the counselor to win a treat. Games ranged from dip-dip-dip, jump roping, handstand contests, rocks, paper, scissors, and more. After trick-or-treating at every cabin, they reassembled at the Jewell. Here, each cabin would design and create a dessert, with the treats to then be judged by counselors and directors. Their criterion of the contest was that the desserts had to be formed in Halloween symbols that they picked out of hat. Cabins had to turn Oreos, M&M's, frosting, graham crackers and chocolate bars into symbols like a jack-o-lantern, a witch, or a ghost. The winning dessert was from Algonquin! They created a delicious dish that looked like a spider. Halloween Day was a blast!

July 4

Liza Kehoe

The morning of the 4th girls from all around came marching down to flag wearing red, white, and blue. The smiles and enthusiasm was contagious. We sang the Star Spangled Banner and



America the Beautiful. After flag we ate a hearty breakfast that prepared us for the day. We all went to our activities and met back up at lunch. Our cookout with hamburgers and hot dogs hit the right spot. Unfortunately, after lunch a ferocious storm erupted and kept everybody inside. Therefore, we made flags and banners to praise our independence. Finally, the sun came back out and the activities were back on track. Dinner rolled around and everybody was in for a treat. Our lovely kitchen staff baked two huge and beautiful American flag cakes that were decorated with blueberries, strawberries, and whip cream. The girls were ecstatic! After dinner the battle began. The girls were split up into Patriots who wore blue and Loyalists who wore red. The two regiments started at opposite sides of camp and charged. We met up at the soccer field where Uncle Sam (Tookie) set the tone with classic battle hymns and sound effects for our recreation of the Revolutionary War. Of course in the end the Patriots won and we settled in peace. At flag the girls shook hands to the National Anthem and called it a night. What a great way to spend Fourth of July with 130 of your closest friends at Wavus.

July 5

Sunday was one of the sunniest days we had seen yet at the Wav. The weather made for a beautiful chapel service in the morning – our first one outside – and seemed to affect everyone’s mood for the better. Our lazy Sunday schedule allowed for a lot of time spent relaxing outside, some of which the girls spent with their cousins and brothers from Kieve who had stopped by for a visit. After some refreshing

time spent in the lake, the whole camp enjoyed a rousing game of outdoor Clue. (For the record, it was Mr. Green, at the tennis courts, with the knife.) For dinner we were lucky enough to use our grill outside. Following dinner, the girls participated in a Slumber Party-themed evening activity. The Jewell was magically transformed into the Wav-Spa as the girls received manicures, facials, massages and a foot soak in their pajamas. Providing these essential services was a group of trained professionals (namely, their fearless counselors). At the end of the evening, a giant pillow fight was followed by a surprise serving of S’Mores. We all went to bed with our fair share of Vitamin D, Hershey’s chocolate and silky smooth skin.

July 6

Devin Tellatin

Today the camp awoke with bright smiles as the birds chirped to the clear blue sky that held all day long. For having the theme Chrismukah in July, the weather could not have been any better for a beautiful summer day at Wavus. At flag, the girls sang a series of Christmas songs then headed in for a breakfast of pancakes, bacon and the regular buffet of fresh fruit and yogurt. The morning proceeded as it regularly does, with 3 activities back to back, then pulled pork sandwiches for lunch at 12:30. It was the first time in a while that I had heard campers come up to me and say, “I am hot.” After lunch came rest hour, the part of the day that all campers look forward to for receiving letters from friends and family. The girls enjoyed a wide range of afternoon activities such as the giant swing at the ropes course, Island swim, canoeing and many other activities while taking

advantage of the beautiful day. Right before dinner, Omaha was greeted back at camp from their six-day trip at the St. Croix River in Canada. After dinner, cabins proceeded down to the council fire where three girls were awarded feathers for their accomplishments. After everyone sang some songs such as The circle game and Do you believe in Wavus, the girls went back to their cabin and rested their eyes from a long day filled with joy and laughter.

July 7

Anne Warner

Today was miss-match clothing day and campers and counselors alike showed off their spirit by coming to morning flag wearing stripes with polka dots, un-matched socks, and other odd outfits. Wavus said good-bye to the Ojibway cabin as they left to embark on their journey of the St. Croix. Despite the foggy weather and pending rain, all of the morning activities proceeded as usual. After lunch, a number of cabins returned from their trips, including Cayuga and Abenaki, and they told every one of their adventures in the White Mountains and Baxter State Park. Those of us who are still waiting to go on trips are getting pretty excited from all of the other cabins' stories! The afternoon activities included a number of unique activities including Pilates, power-walking, drama and cooking. All the girls were very enthusiastic as usual to sign up for their favorite activities! Friendship bracelet making, cooking and ropes course were among the most popular. After a hearty dinner of grilled chicken, beans, corn and Caesar salad, all of the cabins got ready for the evening activity. The Junior Wavus cabins had an exciting treat. They got ready for bed early and

enjoyed a warm fire, s'mores and stories in Andrews Hall. The other cabins also had a fantastic time with a "Trashion Show" (trash bag fashion show) in which they used a trash bag and a designated theme (princess, Maine, under-water, to name a few) to create a costume for their counselor. Everyone's creativity, energy and enthusiasm were evident. All the counselors showed off their outfits on the runway in the Jewell and were judged by a panel of the directors. After the evening activities, everyone participated in a short, but very lively dance party in the Jewell before proceeding to the evening flag ceremony. The chilly weather isn't keeping us down here at Wavus; things are just as busy as usual!

July 8

Alex Danz

The transformation of Wavus Camps to Hogwarts School for Witchcraft and Wizardry was like magic. Harry Potters, house elves, and Dementors were in large numbers at flag on July eighth. Breakfast consisted of delicious food and a sorting hat which each camper picked their house from. During their daily activities, points were rewarded to the house of campers who exceeded expectations. The dining hall, once known as the Jewell, was decorated as the Great Hall where the members from each house sat together at 4 long tables facing the staff table where Dumbledore and other professors sat. Candles, music and team colors made the atmosphere perfect! After the first years entered and joined their tables, Harry Potter Jeopardy took off and resulted in a Wavus Tie. Eventually the time came for the wizard world to get back to its invisible place, but the spirit will be sure to linger at Wavus!





July 9

Jill Witherbee was the goddess of the day. The theme was boys at camp. Everyone dressed up like boys. In the morning we sang songs at flag that we think boys would like. They were: The Lama Song, The Button Factory song, and The Moose song.

There were normal activities during the day. For the Evening activity we played Bulldog. It was a little ruff, but they all had fun.

All the campers loved the theme and really got into it!

July 10

Survivor Day! Following the format of the popular television show, our evening activity was a series of three challenges: obstacle course, tug-a-war, and scavenger hunt. Then, a final tribal council was held and the campers voted for the winning cabin or on this particular day -- tribe. Building up to the evening activity was a full day of opportunities to collect points for your team and to ultimately win immunity from the first challenge. Abenaki won the first immunity by collecting 32 points. In the end, the final two was Cayuga and Abenaki. Tribal council was then held. The campers voted and finally the votes were tallied and the winning tribe, Cayuga, was revealed.

July 11

Erin Malafronte

"Fun in the Sun Day"

Today we were blessed with sunshine and warmth as we began the day with 7:20 a.m. Flag. We then loaded into buses and vans and headed to downtown Damariscotta to participate in the local Strawberry Shortcake Shuffle fun run road race. The campers competed, along with

Kieve, counselors, and local children, in the 11-14 "Fun Run." The Wavus girls demonstrated excellent sportsmanship and motivation. We then returned to camp and said goodbye to the Junior Wavus campers who were leaving with their parents. After a dip in the lake, campers continued with their afternoon activities. After dinner, campers gathered at the drum line to participate in the evening activity, the Slip N' Slide! Campers and counselors took turns hurling themselves down the hill along a tarp covered in slippery water and soap, while the people who waited for their turn listened and danced to summer songs. After a shower and a wind down, the campers met their beds with relief and self-satisfaction, exhausted from the multiple activities of the day.

July 12

Today was "Where's Waldo" day. The morning was a little gloomy but quickly turned bright and sunny and it continued shining throughout the day. For breakfast, we had wild doughnuts accompanied by a buffet of fruits, yogurts, granolas, as well as blueberry and banana muffin bars. It was a very calm morning and we decided since the sun came out we would have Sunday chapel outside. All of the cabins on campus prepared songs and poems. We then were surprised to hear Osage come running out of the forest back from their trip while listening to the 'sounds of Wavus'. This really set a great mood for the rest of the day because our friends had finally returned back at camp. Chapel was followed by rest hour and we all helped clean up campus. For lunch, we had stir-fry, salad, soup and crackers. We then had a fun filled activity with

different stations and teams. During the afternoon, several more cabins returned to Wavus and it was great to see them, to sit and eat and talk with them. For dinner, we had sub sandwiches, chips, fruit and salads. The evening activity was a "Where's Waldo" hunt. The counselors were dressed up in different outfits and each cabin had to search to find all of the items on the lists that were made up. The cabin with the most points at the end would be the winners. This activity was followed by quiet time in the cabins and sleep. All in all, it was a great day filled with happiness and excitement.

July 13

Lucy Lynch

Today we woke up in perfect moods for a Hawaiian Fairy day! We sang Princess Pat and the Hippo song at flag then headed up to a yummy breakfast of eggs, bacon, fruit, and cereal. As always, the girls enjoyed their activities; waterfront, woodshop, riflery, art, and pottery in the morning. For lunch, we had sandwiches, soup, and salad before heading off to a relaxing rest hour. The afternoon was a little rainy and the girls built fairy houses, played soccer, did pottery and cooking. After choice activities, we had a delicious dinner in the Jewell; we lowered the flag and lined up for council fire, sang and honored a few outstanding campers by presenting them with feathers that represent certain rays of the totem. Lastly, we all headed back toward the cabins in silence to then settle in for a good night's sleep.



July 14

Amanda Leonard

80s Day! The ladies of Wavus woke up to another sunny day at camp and we were ready for 80s day! Ojibway cabin along with the rest of camp showed their 80s spirit by dressing in bright colored spandex, bright necklaces, and side ponies. We enjoyed a breakfast of bacon and French toast. The girls then attended their regularly morning activities and then had a much anticipated and delicious lunch of tacos! After rest hour, the girls participated in sign-ups including a themed sign-up of 80s workout with Belinda and Nichols. We gathered around the sunscape for another sunny dinner and were sent back to the cabin to prepare for an evening activity of KARAOKE! The girls gathered around the inside of Jewell and sang at the top of their lungs to favorites such as, "Life is a Highway", "Girls Just Wanna Have Fun", "Bennie and the Jets", and with a counselor performance of "Total Eclipse of the Heart". After we had practically lost our voices we went down to flag for the closing of another great day at Wavus!!

July 15

It was another fabulously sunny day at Wavus! Campers arrived at flag bright and early gearing up for invasion day. The younger cabins headed across the lake to Kieve, while the older cabins stayed behind to protect Wavus turf from invading Kieve boys. Streaked with war paint and proudly waving flags, Kieve docked their boats at the point and marched into camp. Hiding behind the Jewel with pots and pans at the ready, the Wavus girls scouted out their opponents. A lovely lunch of hot dogs, salad, corn on the cob, and chips

followed and everyone ate together at the picnic tables. The many games, skits, announcements, mischief, and general goofiness were concluded by a camp-wide slip n' slide activity. In the afternoon when Wavus was again boy-free, the girls came together to prepare for evening activity; a mock wedding for our director, Carolynne in honor of her impending marriage in August. The girls iced and decorated cupcakes and a beautiful wedding cake, made party favors, and jazzed up the chapel and picnic table with paper flowers. After the "party," dinner, then flag, the girls made their way back to the cabins giddy and exhausted from a very successful day!

July 17

It was superhero day for all the campers! We woke up and sang many fun songs at flag including the "Banana" song and other Wavus classics. Breakfast was as usual, a great meal and for a treat for the last day of

camp, everyone got cinnamon buns! The morning activities proceeded as normal. At lunch, the preparations for the notorious color began. At the end of lunch we introduced the evil villain, Tookie for color war. After rest hour the battle between superheroes and villains began. The kids enjoyed what was a hot, sunny day of fun. At dinner we had a lost and found fashion show and enjoyed a delicious treat of lemon sorbet! Finally, everyone attended the last council fire as counselors gave a ray of the totem pole to each of their cabins. We did the beautiful candlelit procession and then it was lights out on the last night of camp!

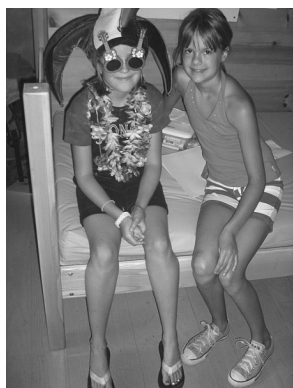
Wavus Paddles Awarded

Wavus Girls, who have been a camper for 5 years and have completed one of the longest trips, were gifted a paddle embossed with the Wavus emblem at the closing Council Fire First Session: Drew Boulos, Cullen LaPointe, and Emily Rodrigue.





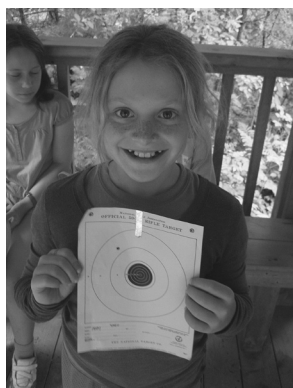












Second Session G.O.D. Reports

July 22

Amanda Leonard

Second Session is well underway! The girls went to flag dressed in their jeans, cowgirl hats, and bandannas in order to represent cowgirl day! We sang camp favorites for the first day including, the "Jellyfish song", "Banana song", and the "Burrito song". We then went up to Jewell for breakfast and enjoyed waffles, bacon, yogurt, and fruit. After breakfast, we returned to our cabins and did some group initiatives as a cabin, as each cabin waited for their assigned cabin picture time and camp-wide picture. After pictures, all cabins reported to the waterfront to take their swim test. Afterwards swim tests we returned to the sunscape for a lunch of hot dogs and macaroni and cheese! Cabins were then assigned afternoon activities such as sailing, cooking, ropes, archery, sports, and much more! After a packed afternoon, we returned together as a camp for our last meal of the day, then on to closing the day at flag with our first council fire of the session to follow. We lined up by cabin from youngest to oldest and quietly went to the fire pit where we were introduced to the rays of the totem of Wavus. Council fire was closed with some great songs including, "Peace Like a River", "We are Different", and "We Believe in Wavus". We ended council fire in the same fashion that we arrived and then headed off to our cabins for a good nights sleep, knowing we had a fun and successful first day of camp!!



July 23

Mary Hubert

It was a great day, it was CRAZY HAT DAY!! The girls enjoyed spending the day in hats of choice, which expressed their individuality, all colors, sizes, shapes and humor. It was great to see the spirit and character that the girls gave to camp for the day. This spunk continued and took them into the evening as well. Pillowcase skits were performed!! The campers were given pillowcases with five mystery items in them, they then had to use these items as props and create entertaining skits for the rest of the campers!! There was entertainment all right!! Nice work girls, let's do it all over again tomorrow!!

July 24

Leah Agren

Rainy days did not dampen Wavus spirit day! The Jewell is bedazzled in "I Love Camp" banners. All the campers' favorite things about camp have been shared on different banners. The girls have truly made the best of the gray weather. Meal times have been full of chants and songs and tonight, there will be a lip sync competition as the evening activity! The girls will pick their favorite boy band and boy band song to rock out to. I am anxious to see the results! Soon we will be seeing our oldest girls cabin's off on primer and long trips and the excitement is definitely in the air!

July 25

Mary Anna Lynch

United States Capital Day

This morning, the entire camp woke up to a sky full of beautiful sunshine.

We marched to flag decked out in our red, white, and blue in celebration of our nations capital, Washington DC. All day the girls enjoyed their favorite activities, while learning some United States Capital fun facts and trivia. For lunch we had delicious tacos then had a much needed rest hour after a morning filled with activities. At evening program, the campus was turned into the city of Washington D.C., "Wavington." We did a huge scavenger hunt, taking us to famous spots such as the Washington monument, the Library of Congress, and the Capital building! After running around all night, the whole camp enjoyed popsicles before bed!

July 26

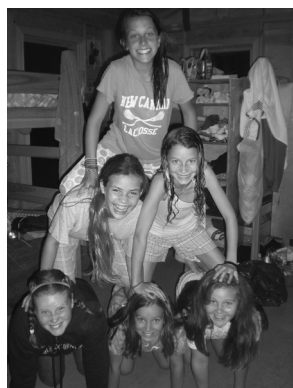
Our first Sunday at camp started with a much needed roll-in breakfast of Wild Donuts, freshly fried by co-directors, Suse and Paula. Then the girls did a thorough cleaning of their cabins. Chapel in the Pines was a great space for each cabin to share a poem or song with one another. The oldest cabin, Iroquois, offered some words of wisdom straight from the heart, giving great tripping and life advice to the younger cabins. There was a camp wide General Swim, as well as Rest Hour, which the girls took full advantage of because their afternoon and evening activity were adventurous and exhaustive. Wavapalooza was a big hit in the afternoon! There were decade themed stations that the cabins all rotated through. Messy Baseball in the 40's, TV commercial Skits for the 50's, Tie Dyeing in the 60's, a fashion show for the 70's, hair and make up the 80's and vehicles made out of candy for the Future. The grand finale was Messy Baseball turning into a camp

wide slip n' slide! The girls had a free period, to do whatever activity they wanted, and dinner to relax before starting Evening Activity, which was a pirate themed treasure hunt. The girls had a map marked with the location of various clues. These clues led them to puzzle pieces. Once they had collected all the clues, they were able to use the completed puzzle to locate the treasure!

July 28th

Christmas in July

Today was a beautiful sunny day at Wavus. The campers enjoyed singing songs at flag followed by a breakfast of fruit, muffins, and cereal. Morning activities took place as usual such as sailing, archery, swimming and cooking where the girls made brownies. Lunch was held outside due to the great weather and the campers sat with their cabins and enjoyed the meal. Following rest hour, campers took part in numerous activities offered by the staff. Some activities included the island swim, sailing, cooking, pottery, as well as the ropes course. Later, once dinner had come to a conclusion, the evening activity was revealed. Tonight the campers would partake in a Gingerbread-making contest as a part of the Christmas in July celebration. The girls returned at 7 pm to Jewell Lodge in their cabin groups and gathered supplies in order to start. Using graham crackers, icing, and an assortment of candy, each cabin was able to come up with its own creation. After all groups finishing products were judged, two winners were announced. Narragansett and Mic-Mac tied for first place! The campers then were able to eat their creations and head down to flag for the closing song and flag



lowering. Finally the wonderful day filled with Christmas spirit came to a conclusion!

July 29

We woke up to a beautiful, sunny morning and met around the flagpole. Dressed in stripes, plaid, polka dots and pigtails, Wavus campers were a sight to see. Clash day! After the jellyfish, beaver, and princess pat songs, and a spirited round of the wave, we ran in for breakfast--one of our favorite meals of the day. After a great day of activities, sunshine, and great meals, we met for evening activity. We had a fantastic (and messy!) time carving sculptures from ice cream...a whale, Mt. Katahdin, the Wavus "W", and more! After flag and a very exciting laundry pickup, we headed to our cabins for bed. We were lulled to sleep by an evening rain and lightening storm. Another perfect day in Maine!

July 30

Crazy Hat Day

The morning of Tuesday, July 30, the girls were all decked out for crazy hat day! Surprisingly, the girls did in fact have crazy, colorful hats. After singing the banana song at flag, we headed up to breakfast and feasted on delicious waffles. Although, it was a dreary and cold day, we still managed to have fun. For lunch we had yummy chicken and egg salad sandwiches. After a great day of afternoon activities, the evening activity was pillow case skits. They were hilarious! Each cabin was instructed to return to their cabin and select five items to put in a pillow case. When they returned, I assigned each cabin a Disney movie that they had to perform a skit to using their props. Each cabin would also have to

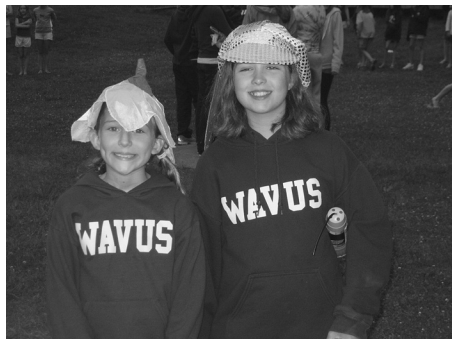
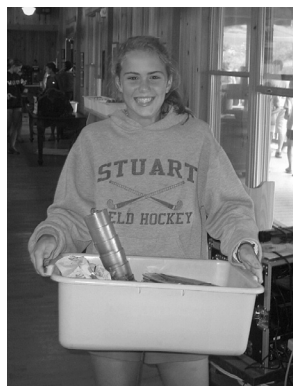
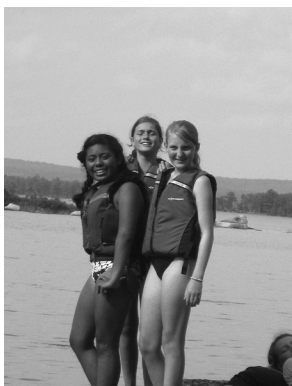
create their themed skit according to a particular style. A few of the themes were: Harry Potter opera style, Peter Pan western style, Lion King gangster style, and The Three Little Pigs Kieve style. The girls were so cute and did an amazing job creating their skits.

July 31

The theme of the day was "Under the Sea". The morning was opened with flag songs about jellyfish and other fun water creatures. After a quiet Wavus breakfast due to many cabins being out on trips, the day's main event began; the Junior Wavus campers started to arrive. New faces as the Junior Wavus campers accompanied a lunch of chicken, rice and delicious sweet-potato fries and parents alike joined us. After a filling Italian dinner, campers were given a clue as to what their evening activity was. They were sent back to their cabins knowing only that they needed to be wearing a bathing suit for their return at 7:15pm. The slip-n-slide mat was soaped up and ready for the girls as they got back for the activity. Although hesitant at first, the girls had a great time sliding down the drumlin and being cheered on by their fellow campers.

August 2

Although the weather was overcast, our second Sunday of the session was anything but! The day started off relaxed, with our usual Sunday roll-in breakfast and delicious Wavus Wild Donuts. We then headed to our intense Sunday Cabin Clean-up, where our cabins became even cleaner than they were before, followed by Chapel, held in our gorgeous Chapel in the Pines. All of the quotes and songs recited at Chapel were interesting and some,



thought-provoking. Chapel ended in a rousing rendition of "Peace Like A River" by the counselors. Following Chapel, we had an all-camp General Swim, which was incredibly fun and chaotic, made more so by the huge waves on the lake! All of the girls had a great time swimming in the choppy waters. After General Swim, was lunch, where we started our themed day of Game Show Day with a quick game of "Meal or no Meal" to see who ate first to last. After lunch was a much needed rest period, followed by our all-camp afternoon activity of GOLD RUSH! Gold Rush is a huge camp game where the camp is broken into two teams and gold rocks are scattered all over camp, which the kids must search through, watching out for thieves and lawmen! These rocks could be turned in at the end of the game for popsicles, which were a refreshing treat after our intense game. After Gold Rush, we had an open activities period, where almost all activities were open (and a few extra, such as fishing, kite making and tie-dying!). Before dinner, the counselors had a "Fear Factor" competition, where they ate a concoction of many snacks from the kitchen (topped with syrup) to the amusement of all of the campers. After dinner, we had a Game Show Marathon, where the girls went to five different stations throughout the night- Jeopardy; Don't Forget the Lyrics, Wipeout, The Price is Right and Family Feud. All of the stations were entertaining, especially the singing of Taylor Swift songs perfectly by every cabin and the fun obstacle course of Wipeout!



August 3

Julie Jamieson

Today's theme was "Preppy" Day! And it was a beautiful day at camp. We had omelets and the usual array of delicious fruits and cereals for breakfast. All the girls dressed up in their most preppy outfits, and the most spiritedly dressed cabins got to each lunch first. Some fun sign up activities were offered, such as "Car Wash", where the girls got out the hoses and soap and washed cars. Another fun activity was the slack line, which is sort of like tight-rope walking. After a yummy dinner of pasta and Alfredo sauces, we lowered the flag. Then all of the cabins at camp gathered at council fire. Feathers were given out to girls in Narragansett, Mohawk, and Cheyenne. We sang some camp songs like "Linger" and "Circle." It was a great day at camp!



August 4

Today was celebrity day and the weather was beautiful! This days weather was a perfect reflection of sunny Hollywood, California where many of the famous celebrities walking around today choose to reside. Around campus you could find look-alikes of idols such as Taylor Swift all the way to Princess Diana. The kids had a blast preparing their outfits and persona the night before. The nights evening activity involved creating our own I Spy book! Every cabin was given a location in which they had to create a scene filled with a number of items given to them on a list. The final product was amazing and creative.

August 5

We woke up to a beautiful, sunny morning and met around the flagpole. Dressed in stripes, plaid, polka dots and pigtails, Wavus campers were a sight to see. Clash day! After the jellyfish, beaver, and princess pat songs, and a spirited round of the wave, we ran in for breakfast--one of our favorite meals of the day. After a great day of activities, sunshine, and great meals, we met for evening activity. We had a fantastic (and messy!) time carving sculptures from ice cream...a whale, Mt. Katahdin, the Wavus "W", and more! After flag and a very exciting laundry pickup, we headed to our cabins for bed. We were lulled to sleep by an evening rain and lightening storm. Another perfect day in Maine!

August 6

Today was a beautiful, warm and sunny day. The theme was Camo/Chameleon Day. Our girls were dressed in their earth tones to blend into our environment. We started out by learning a few new songs at flag. At breakfast camp gave Omaha a warm welcome back from the St. Croix River. The girls enjoyed their regular scheduled morning activities. Respect and Algonquin braved the aqua zip and had a blast. Today for lunch we enjoyed BLT sandwiches, and our usual rockin' salad bar. We were lucky enough to have a special guest from Mexico, Demetrio Lazo a famous fiber dye artist, where he and his family naturally dye fabrics and wool to weave very elegant blankets, and rugs. We had ten girls work with him to learn all about the process. They painted with a red dyeing substance, which was made from a harvested bug. Then we boiled chamomile to

dye local yarn yellow. They were very creative and loved learning all about it. This evening for dinner we had kielbasa, cheesy potatoes and mixed veggies. Our evening activity was the annual Counselor Hunt, which involves the counselors hiding, and each cabin searching with a piece of paper around campus to acquire each counselor's signature.

Another wonderful day at Wavus... Take Care!

August 7

Crazy Hair Day

The day started off with smiles, sunshine and crazy hair. The camp sang and danced at flag until we were all starving for some waffles and bacon. After breakfast and cabin cleaning the girls went to their morning activities. After a long morning of fun in the sun the girls enjoyed some pizza for lunch. Once lunch was over the girls retired to their cabins for rest period. After a brief thunder storm the girls of Wavus put their bathing suits on and jumped into the lake for general swim. Nice and dry the girls went off to do their sign ups which included the giant swing at ropes, making a picture frame at wood, and making buttons with the button machine at art. All of the girls came out at dinner with crazy hair. Dinner was filled with good food, water fights and the chicken dance. After dinner the girls went down to Andrew's Hall to watch the Junior Wavus girls do their skits and dances. Now it was time for the trash bag fashion show. The campers dressed up one of their counselors in trash bags and had the dance down the runway in front of the whole camp. After a long night of dancing the camp went to go bring down the flag and say good night to crazy hair day.



August 9

Liza Kehoe

The morning of the 9th at Wavus was beautiful. We woke up to a sunny day that glistened over Damariscotta Lake. Sunday is roll-in breakfast so the girls gradually rolled out of bed at 8:00. Suse and Paula awaited the girls with Wild Donuts that were scrumptious. Also the girls had a variety of choices that included fruit, oatmeal, granola, yogurt, and cereal. Everybody was satisfied. After breakfast the girls had cabin cleanup and prepared for Chapel. Chapel was so beautiful and peaceful. The six cabins in camp all contributed a piece in Chapel. Some sang while others read poems. After Chapel, we all headed down to the waterfront for general swim. The water was perfect for such a warm summer day. The girls played games and swam for the hour. After building up an appetite, we all scurried to lunch. Lunch was such a filling meal that we went straight into rest hour. During rest hour, some of the counselors helped out with preparing for Wavapalooza. Wavapalooza included three stations of synchronize swimming, water balloon dodge-ball, and beach volleyball. The girls synchronize swimming was very impressive and showed a lot of thought. The girls loved being outdoors and being refreshed by the water. Immediately after our all camp activity, the girls prepared themselves for another activity. The girls had to set up a Wax Museum. Each cabin was assigned a character to impersonate. The characters ranged from Taylor Swift to Harry Potter. The girls had 30 minutes to round up their props and outfits to create a scene. When they gathered themselves together, they all came back to Jewel and set

up a museum on the porch. Everyone had such a detailed presentation that it showed how much hard work and attention they put into it.

August 10

Welcome to the Wavus world of Disney – where dreams come true! The entire cabin of Cheyenne arrived at flag dressed in costumes of Disney characters ranging from Cinderella to Tigger to the Madhatter. We also welcomed back Allagash-Buff who had pitched their tents in the middle of the circle, played music, and drove their van up to the circle. During breakfast, campers were challenged with Disney trivia questions and correct responses were rewarded with being able to eat first. After duties and cleaning the cabin, everyone started their days! It was a beautiful afternoon and by the time lunch rolled around, we all were excited to sit outside and answer more Disney trivia. Kids also signed up for their 5th period afternoon activity. Lunch was followed by a much needed rest hour. After 4th period, the campers went to activities including ropes course, an island swim, field sports, Disney-themed face painting, woodshop, sailing, pottery, and art. During 6th period, we had a special guest come and teach us a song – the Wavus Alma Mater – that she had been working on for over a year! It sounded beautiful and we all appreciated the work she put into writing this song for us. We had some time left over during 6th before dinner so every cabin got together to perform a Disney song for the rest of the camp. After dinner, everyone went back to their cabins before our final Monday night Council Fire. At Council Fire, many cabins awarded feathers to campers who had

done something exceptional in this past week. We also sang many songs, including the Wavus Alma Mater we learned earlier today. After Council Fire, everyone retired to their cabins to get ready for bed and for another great day at Wavus!

August 11

Anne Warner

Today Wavus was no longer just all girls-- it was BOY day! Many girls came to flag dressed for the theme with backwards baseball caps, baggy shorts and sunglasses. We all enjoyed seeing the creative outfits of the other gender. The cabin groups that looked most like boys-- Abenaki, Shawnee, Osage and Algonquin-- were rewarded with the opportunity to eat first at breakfast. Allagash Buff returned this morning and carried their canoes to the center of the circle during flag and performed a song about their trip to the tune of Taylor Swift's "Our Song". It was great to have yet another cabin back from trip and camp is certainly starting to feel whole again. Allagash girls were certainly excited to be back and they enjoyed the warm breakfast from the kitchen staff and the hugs from their fellow campers. After breakfast everyone completed their designated duties and returned to their cabin for the big clean up. The cleaning fairy said that she would award the cleanest cabin with a special treat, so all of the girls scrubbed the toilets, mopped the floors, made up their beds and swept the porches in preparation. After much cleaning everyone proceeded to their morning activities. Although it rained a bit in the morning, things cleared up nicely by lunch and everyone enjoyed lunch on the sun-scape. The evening activity-- a talent show-- was

announced during lunch so everyone scrambled to secure a place on the sign-up sheet for their act and throughout the afternoon girls practiced their routines together. After afternoon sign-ups and dinner, the talent show began! It proved to be a great opportunity for campers and counselors to show off their personal talents and for cabins to work together to produce something special. Many girls performed solos and duets; some were even original songs that were written about experiences on trip and at Wavus! The creativity and enthusiasm exhibited were remarkable! Some highlights included counselor Marae Lindsay singing while playing her guitar, Cayuga's gymnastics/dance routine, and Allagash Buff solo-portaging while singing. Although there were a number of technical difficulties with the CD player, in particular, the audience was very supportive and even sang the songs when the CD player broke so that all the acts could continue. Witnessing the talent, support and enthusiasm within the Wavus community was fabulous and was a great activity for the last week of the session!

August 12

The day started off like any normal day at Wavus with the flag being raised and fun songs like "The Beaver Song" and "Hey Burrito" being sang.

After flag camp went to breakfast and prepared for the day. Because JW was leaving, full session campers went on trip to the beach, hiking, or paddling to JScoop. Campers returned at two thirty for a rest hour, G Swim and then two periods of counselor sign ups. Dinner was served at six and had on the sunscape, the weather was beautiful! The EA was announced as...

"Little Miss Wavus 2009"! A beauty pageant! Each cabin was charged with putting up three campers: one for the evening wear round, one for the talent competition, and one for the interview portion. The evening wear was full of festive and creative outfits ranging from a conservatively classic Osage camper in a yellow dress to a spunky and fun Algonquin camper in Mexican print dress. The talent portion of the competition was full of singing, dancing, acting, gymnastics, karate and more! The interview portion was at times painstakingly honest and guts busting funny, mostly at the hands of Em J's hilarious questions. As the three judges (Lisa, Maggie and Em J) deliberated, six semi finalists were called and each grilled with intense questions about their intentions with the Wavus crown. The semi finalists were then narrowed to three, and the runner up was announced: Sam! Finally it came time to announce "Little Miss Wavus 2009" and crown the beauty. It was....Mary Margaret from Algonquin! Mary Margaret was crowned and ribboned and the pageant came to a close. It certainly was a night of dreams. Flag was lowered then and cabins slowly made their way back to cabin row for bed. It was a fun day had by all!

August 13

Kat Barenes

Today was a great day! The entire camp participated in Color Wars this morning which Tookie, Amanda, and Erin organized. Everyone was tie dyed by the end of the game! There was G-Swim and packing in the afternoon. Then, at 6 everyone came dressed up to have a wonderful dinner at "Jewllios." We had spaghetti and

meatballs and breadsticks, and Caesar salad. After everyone was full, there was a dance party outside under the sunscape. Everyone got Italian Ice for dessert!! At 7:30 everyone met back under the sunscape to go over to Kieve for fireworks. What a great day!

August 14

Spa Day!

Today was Spa Day, and the camp-wide clean up! Most of the day was spent cleaning the campus, the cabins, and the campers in preparation for Parent Day. Our first activity involved a camp wide Island Swim. Everyone woke up early to swim to the closest Island, and everyone who participated made it there and back without any help! It was a great conclusion to all of the hard work that the campers had put in down at the Waterfront. After a yummy breakfast of all of Wavus's favorites, we spent an hour cleaning the campus. This was followed by a visit to the "Wavus Spa". The four stations of the spa included Nails, Foot Soak, Hair, & Massage. It was a great relaxing period for all to enjoy in the sun.

Lunch was chicken burgers and hot dogs, and rest hour was well appreciated to get out of the hot sun. After rest hour, we cleaned all of the vans, inside and out, in a fun Car Wash! We also had a letter writing period to send some heartfelt thanks to everyone who helped to make this an awesome session here at Wavus. Another packing period preceded dinner, which was yummy pizza, an awesome treat for the last dinner of camp! We then enjoyed the World Famous Slide Show in Jewell, and headed down to our final Council Fire. The Council Fire was a special one, as we had two Wavus alumni with us. We went

around the circle, sharing memories and experiences, reminding everyone why we love the Wav! Slumber parties abound as everyone finished packing and enjoyed their last night at camp. A bittersweet day, it was one of the nicest weather-wise and most relaxing of the whole session.

August 15
Last day of camp
Elise Lindsey

We had an enthusiastic flag circle. Breakfast was eaten extra fast as campers were eager to get back to their cabins in hopes of seeing their parents. Tookie and Erin M surprised us with a Battlefield dance at breakfast.

The mid-morning was filled with embraces, goodbyes, and promises of reuniting next year.

Henry and Dick Kennedy led a great chapel ceremony filling our hearts with love for Wavus and the staff ended the meeting with heartfelt singing.

Chapel was followed by awards and then by a delicious lunch and more goodbyes.

Wavus Paddles Awarded

Wavus Girls, who have been a camper for 5 years and have completed one of the longest trips, were gifted a paddle embossed with the Wavus emblem at the closing Council Fire second Session: Lexi Dorman, Carey Hauber, Nikka Pascador and Lillie Tuthill.

Wavus Blanketed Tradition

Iroquois girls were blanketed for their 100 mile achievement at our closing Council Fire Second Session: Carey Hauber and Carolyn Ziegler













Trip Logs - Session 1

Junior Wavus Courage Cabin

HBC: Catherine Abby

JC: L.B. Richardson

Day 1

Courage awoke to yet another overcast morning on the day of our departure. After a delicious breakfast of pancakes in camp, we took off for Kieve-Wavus's oceanfront property, Bremen. A short ride on our lobster boat, the Snowgoose III; later we were getting settled on Hog Island. After working up an appetite getting camp set up, the counselors prepared grilled turkey and cheese sandwiches for the girls, who particularly enjoyed the hot lunch in light of the rainy, cold weather. Our spirits were not dampened, though, and we took off for a short hike around a portion of the island before settling down to a rest hour. We then took another hike to a beach on the island, where we spent an hour exploring and checking out the tide pools. The girls especially enjoyed finding and picking up crabs and sea snails. We then made our way back to camp, where we played card games and hung out until a delicious dinner of English muffin pizzas. We cleaned up, built a roaring fire, and roasted marshmallows for s'mores! Afterward, we settled down and told stories until bedtime.

Day 2

Finally, some sun! We woke up to a gorgeous day, which came just in time, as we would be spending the day on the Snowgoose. The counselors prepared M&M pancakes for the girls while they took down tents and began cleaning up camp. After our bellies were full of delicious pancakes, we were ready to

spend a day swimming and playing in the sun. The Snowgoose picked us up at Hog Island and took us all around the bay, where we spent a long time watching seals before anchoring for a few hours. The girls all got a chance to jump off the top of the boat, at least ten feet above the water, with Bella jumping off a record high of 30 times! We then enjoyed a nice lunch of peanut butter and jelly sandwiches, explored the bay a little more, and headed back to Bremen. It was the perfect way to end the Junior Wavus session!





Junior Wavus Kindness Cabin

HBC: Tessa Rapaczynski

JC: Alex Danz

JC: Laura Gribbell

Day 1

On the morning of JW Kindness' trip to Hog Island, the girls awoke early to a rare sight: the sun streaming in through the windows of the cabin. After a hearty breakfast at camp, the girls piled into a van and made the trip to Kieve-Wavus' Bremen property. There, they boarded the Snowgoose for Captain Bill's first official camp trip as the new captain of the Goose! Upon arriving at Hog Island, the girls immediately ran off to explore and find enough flat ground to pitch their tents. They all pitched in and helped each other set up the tents, with a little help from the counselors. As soon as we had set up camp, the counselors split into 3 groups and led a miniature Leave No Trace workshop, focusing on good camping habits and environmental awareness. The girls were all very receptive and were determined to do their part to be stewards of the environment. After the workshop, a few of the girls went swimming; others searched for interesting stones and sea glass, while the counselors set up lunch.

The girls made their own English muffin pizzas, which were a huge hit, and every single one of them ate seconds and begged for thirds. After lunch, the girls took advantage of the beautiful blue skies and the warm sun, and took out kayaks on an expedition around the island, went on nature walks, and even created a hermit crab hotel! As the sun began to set, the counselors prepared dinner, which consisted of burgers, hot dogs, and "dank", — a Kieve-Wavus traditional

camping food. While the counselors cooked, girls snacked on red peppers and entertained themselves with camp songs and games that they had invented on the spot.

After dinner, both Kindness and Respect gathered in the Fish House, where, after an unsuccessful attempt at making a fire with wet wood, the girls enjoyed dry s'mores and stories, before everyone finally snuggled into their sleeping-bags, and fell asleep.

Day 2

Unfortunately, the second day of Kindness' trip began with a somewhat rocky start. The girls awoke to the sound of howling wind, as the weather had turned foul during the night, the temperature dropped to 56 degrees, and the sun had gone back into hiding. However, Kindness' spirit was impossible to dampen, and the girls bundled themselves up and took down the tents and collected trash before enjoying a warming breakfast of granola, fruit, and M&M pancakes.

The planned day trip on the Snowgoose was impossible, as the day was simply too cold. But in true JW fashion, the girls rallied behind a backup plan, and everyone piled into the vans and set off toward Sanford, Maine to go to the Tom's of Maine Factory. The girls donned hairnets and earplugs, and set off on a tour of the factory, where they saw toothpaste being made and packaged. The girls were impressed by the factory, and excited to receive a sample of all-natural strawberry toothpaste. They also packaged their own dental floss, and learned about energy-efficient manufacturing and the benefits of all-natural products. The trip reinforced some of the information that they had learned about Leave No Trace, and they



left the factory determined to recycle and be conscious of their environmental footprints – not only when camping, but also in their daily habits and lives.



After leaving the factory, the girls ate pita sandwiches and stopped at Round Top for ice cream as a treat for having been such good troopers. Then we drove back to camp in time to unpack and go to dinner—slightly wet, but certainly in high spirits.

Junior Wavus Respect Cabin

HBC: Katie Stone

HBC: Grace Shorr

JC: Sara Ribet

Day One

Respect departed for the Kieve-Wavus Bremen landing at 10 am on the morning of the 7th, where we unloaded the vans and boarded the Snowgoose with all of our gear, to be shuttled over to Hog Island. When we arrived at Hog Island the counselors taught and then helped the girls set up the tents that they would sleep in that night. After the tents were assembled, the campers were given some time to set up their personal gear while the counselors started the lunch preparations.

The counselors had cut up cheese, pepperoni, and had brought tomato sauce for make your own English muffin pizzas for lunch. Once it was all prepared, the girls were able to go through the line and assemble their own lunches and watch as they were grilled. After lunch all the girls participated in a lunch cleanup, making sure there was no cheese pieces or crumbs left around our eating area.

After lunch we divided the girls into three groups to do three different Leave No Trace workshops, to help them understand the principles Wavus employs while camping. One group talked about the correct way to treat animals in the wild, another about the impact of human trash and waste

on the environment, and the third discussed the particular rules of Hog Island.

After our LNT workshop the girls were able to have some fun on the island. One group took to the freezing cold water in kayaks to explore some of the beautiful coastline. Others bravely waded into the ocean for a quick swim followed by some time in the sun to warm up; thankfully the rain had let up and given us a beautiful day. A third group explored the rocky beaches, looking for crabs, snails, and other creatures of the tide pools.

After our beach adventures, some of the girls went off for a hike on around the island, where we discovered a teepee that was built over the hiking trail. While some of the girls were hiking, others were hanging out playing different camp games like the Animal game, Zip Zap, and others. They continued with these games while the counselors began preparations for dinner.

For dinner we made camp mac and cheese and hamburgers and hot dogs. After our delicious meal we cleaned and had some downtime to relax. We then had some yummy s'mores and headed to our tents for a good night's sleep.

Day Two

The next morning we woke and began to take down camp, while the counselors made M&M pancakes. After breakfast we headed out on

the Snowgoose back to Bremen and boarded our vans. Due to the unfortunate weather we were unable to spend the day on Snowgoose.

We set out in our vans to the Toms of Maine Factory where we were able to take a guided tour of the factory and see where all the Tom's products are made, including the area where they mix the toothpaste, fill the tubes and seal them up to be shipped around the country. Everyone was given some floss and toothpaste to take home.

Afterward we headed home, but made a surprise stop at Round Top, the great ice cream store in Damariscotta. After our delicious treat we got back to camp in time for dinner.



Junior Wavus Responsibility Cabin

HBC: Kate Hoblitzell

JC: Emily Rutan

Cabin Responsibility left for our trip on a July 8, 2009. After a hearty breakfast at Wavus, we loaded up the van and headed off for our overnight on a cold and rainy morning. We arrived at Bremen campsite at 10:00 am and we ferried over to Hog Island, a small island off the coast of Maine. After setting up our tents, the counselors cooked a yummy lunch of grilled cheese sandwiches with turkey and tomatoes. The hot sandwiches really helped warm up the chilly day. After lunch, we had a much needed rest hour in our tents.

Just as rest hour ended, the rain finally stopped, so we went on a hike around the island. Sue, a caretaker of the island, joined us for our walk. Sue showed us how to find crabs and other sea creatures in the tidal pools.

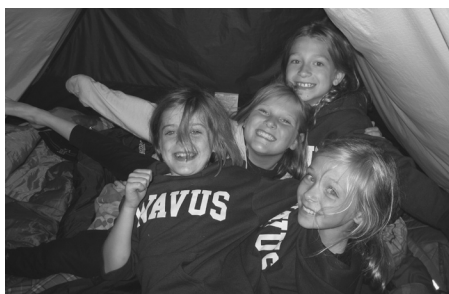
Our long walk made us very hungry and ready for dinner. We each made our own English Muffin pizzas with sauce, mozzarella cheese, pepperoni, and bell peppers. Then we built a big fire, roasted s'mores, told stories, and happily climbed into our sleeping bags around 9:30 pm.

The next morning we woke up to find a clear and beautiful sunny day. We had a delicious breakfast of chocolate chip pancakes and then quickly packed up all of our gear in preparation for our trip on the Snowgoose. By 10:00 am the boat had arrived and we were all packed up and ready to go.

The Snowgoose trip was the highlight of the overnight. We got to see seals sunbathing on the rocks and swimming near the boat. We stopped for a lunch

of peanut butter and jelly sandwiches and enjoyed jumping off the top of the boat and swimming in the nice, cool water.

At 3:00 pm we returned back to Bremen, climbed back in the van, and headed back to camp, happy and tired from the long, sunny day.



Algonquin “Unique” Cabin

HBC: Emily Jiminez

JC: Hildy Schott

JC: Sara Kormorowski

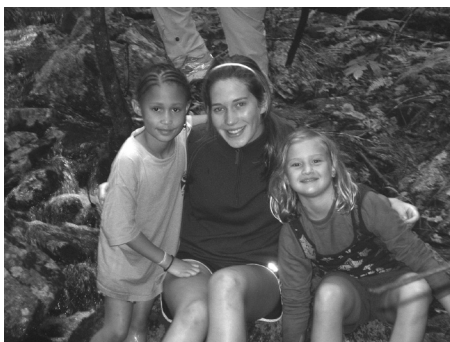
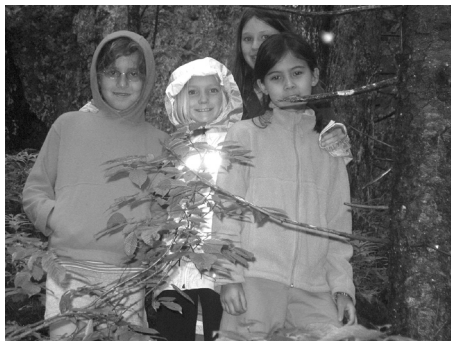
JC: Abby Sawyer

On June 29-30 Algonquin took a trip to the Hidden Valley Nature Center. We started off the trip with a half-mile trek to the yurt where we would be spending the night. Upon our arrival, we unpacked our sleeping bags and ate lunch in the beautiful woods surrounding the yurt. Since it began to rain, we spent much of the afternoon playing card games and reading. However, later on we went for an adventure down to the nearby stream and pond. The girls handled the steep hike with ease and waded in the stream. Many considered this hike the best moment of the trip. That night, we enjoyed a delicious dinner of “hamburgers” and mac n’ cheese. To top of the meal, we cooked scrambled brownies- yum! Before bed, the girls had a great time playing a getting-to-know-you game, very funny! We slept very well in the bunk beds in the yurt. The next morning we packed up and ate bagels and watermelon for breakfast. Another hike down to the stream helped the girls learn how to purify their drinking water and the basics of “Leave No Trace”. Before leaving, we played a few rounds of Mafia. Then using our knowledge from the hike in, the girls expertly packed their bags and hiked out. On the way back, we killed lots of mosquitoes, rocked out to Taylor Swift, and ate ice cream at J-Scoop. Success!!



Bremen/Hog Island

The Algonquin girls (minus Hildy, who was off on her own adventure with the Osage girls) woke up to a rainy day, attended breakfast, and then packed our lunches with sandwiches, Cheetos, grapes, and Oreos. We filled up our water bottles, loaded the van, and left for the Bremen property by about 10:30 am. We arrived and set up camp. Even though it was raining, some of the girls were excited to go on a kayaking adventure around the ocean. Others stayed in the tents and enjoyed some quiet activities. We then ate our lunches and split into teams for a “fairy house” building contest. The counselors, while impersonating the American Idol judges, judged both this contest, and a boat making competition. We sent the boats out to sea, and all of them floated! For dinner, we made chicken burritos, mac & cheese, and carrots, with scrambled brownies for dessert. A fun party in the counselors’ tent was the perfect ending to the first day of our trip. The next morning we had pancakes, granola, and grapes before we set out in the kayaks for Hog Island. We explored the island a little before finding a beach and decided to stop there. We played (and learned) some games and enjoyed a snack of string cheese. We left the beach after about 2 hours and found that our campsite had been invaded by boys! The Junior Kieve boys, who were sleeping on the Bremen property that night, had arrived. We ate our pizza on bagels for lunch, and then shared some of the boys’ candy for dessert. All in all, Bremen was beautiful, and we had an awesome time on our second overnight adventure.



Beach Day Trip Notes

The Algonquin girls had a really fun time at the Popham Beach on July 5th. After breakfast and packing lunches at Wavus, we headed out on an hour long trip to the ocean. Upon arrival, we enjoyed a delicious lunch of sandwiches, goldfish, and apples. As we watched the tide go out, the faraway

island became more accessible by sand. All of the girls visited the island, and all of them took a dip in the water. They especially enjoyed splashing each other and building sandcastles. After three hours of sun and fun, we headed back to camp with a quick stop at Round Top (the local ice cream shop) to end the day with a bang.

Mohawk “Creative” Cabin

HBC: Liza Kehoe

HBC: Jill Witherbee

JC: Anne Warner

JC: Sarah Janisewski

After a hearty breakfast at Wavus, we packed the trailer up and left for Hidden Valley Nature Center (HVNC). The way there was quite exciting as we accidentally took a wrong turn. When backing up the van towards the trailer, one of the rear tires slipped off the road, leaving us stranded down a dirt road, but luckily still close to camp. After a little waiting and many rounds of Dip-dip-dip, the Eye Contact Game, and Down by the Banks, Sara and Scottie arrived to tow the van out, coming with fresh strawberries from Scottie’s wife’s farm. Once out of the mud and safe once again, we successfully found HVNC. After unloading the trailer and making sure everything was secure, we started the hike to our campsite.

During the hike we were barraged by mosquitoes and had to apply bug spray, but an hour later we arrived at the campsite, with tent platforms and a tarp already set up. From there the girls put up the tents and assembled all of their sleeping gear. Here we were given mosquito nets—not the most fashionable item, but very useful! After sandwiches made up the night before (lunch meats, mustard and mayo) for

lunch and a bit of a snack (gorp!), we went on a hike around Hidden Valley. The area was very wet after all of the rain we had, but it was pretty and the mosquito nets were a big help. After a bit of hiking we split up as a group with some campers returning to the campsite for a bit of downtime while others continued with the hike. During the hike we explored the yurt. It was nice and cozy with bunk beds and a carpet, but we were happy to be roughing it in the wild.

For dinner we had burgers topped with ketchup, mustard and relish—a delicious meal after a tiring day. Then, to top it off, we had “dry” s’mores. Unfortunately the strong winds prevented us from making a fire and the girls had to make do with un-roasted marshmallows. They were still a delectable treat. As after dinner entertainment, the girls performed skits. The skits were full of counselor impressions, showcasing each counselor separately, a remake of the classic children’s tale Cinderella, and a reworking of clips from “America’s Funniest Home Videos.”

The girls stayed up late talking and then were kept up by the rain, but eventually everyone fell asleep. Although we didn’t get a lot of sleep thanks to the rain and some early birds in the cabin, the night was good. In the morning, once everyone was

awake and out of the tents, breakfast was prepared with the girls' help. The girls then feasted upon pancakes with M&Ms. We packed up all but one of the tents, leaving all of our belongings in the tent that was still standing. Then we all went for another hike to continue our exploration of HVNC. We stopped at the "Hermit Hut," a small building with bunks, to review the Leave No Trace principles: plan ahead and prepare, travel and camp on durable surfaces, dispose of waste properly, leave what you find, minimize campfire impacts, respect wildlife, and be considerate of other visitors.

After this we continued hiking for a while, completing a lot of the Bowl Loop at HVNC. When we returned to camp we had peanut butter and jelly on pitas for lunch. A treat, since camp was a peanut free zone. After a good meal, we packed up everything and just as we were about to leave Cheyenne walked into our campsite. They had arrived at the Yurt a little while before and come to explore. After chatting with them, we started our hike back to the van. Arriving at the van, we loaded the trailer and then started on our drive back to camp. On the way back to Wavus we stopped at Jefferson Scoop for some scrumptious ice cream that was enjoyed by all.

The morning of July 13th, Mohawk headed out of Wavus to Acadia National Park. The weather was perfect. It was sunny without a cloud in the sky. We arrived around lunch time at our campsite, Blackwoods. After we enjoyed our turkey and ham sandwiches, we set up our campsite. The girls worked so well pitching the tents and helping others. They all lent a hand. Shortly after, we headed out

for our day hike. We drove towards Cadillac Mountain and parked by Gorge Trail. Gorge Trail was described as a difficult hike but we knew the girls would be able to handle it. We walked up rocks the entire time. I was so impressed that not one girl complained about the steepness and difficulty of the hike. They all seemed to enjoy the challenge. When we reached the top of Cadillac it was worth the hike. The scenery of the Atlantic Ocean and the surrounding mountains was amazing. It was absolutely stunning. It was so rewarding to hear how much they appreciated it. After taking pictures and enjoying the view, we decided to hike down the North Ridge Path. Going down was much more pleasant and easier on the girls. They were able to sing and chat while taking in the beautiful landscape. Eventually, we reached the bottom of the hike and headed back to the campsite. Immediately, we started cooking dinner. The girls excitedly helped the counselors prepare our Mexican meal. We had chicken and cheese quesadilla with amazing rice pilaf. It was very impressive to see the girls take over and to serve the meal. However, there was more to the meal. The girls fixed scrambled brownies with M&Ms. The milky chocolate delight hit the right spot. Of course after a long day of driving and hiking, the girls were exhausted and ready for bed. Most importantly they needed their rest because the next morning we were going to wake up to see the sunrise on Cadillac Mountain.

At 3:30 am we drove to Cadillac Mountain to see the first sunrise of the North East. They were all cuddled up in their sleeping bags. At 5:05 the girls watched the sunrise. It was such



a special moment to spend together. I enjoyed watching every girl smile when she saw the sunrise. After our early morning, we drove back to Blackwoods for some more rest. By 8:30 sleeping bags started to rustle therefore it was time to get up and to fix breakfast. The girls hurried to the stove to fix their own pancakes. Each girl prepared two M&M pancakes with syrup and an apple. They were delicious and very satisfying. Since we had such an early morning, we decided to take the girls to Sand Beach for the day. It was a perfect beach day. Sand Beach was hopping. Most of the girls headed straight to the water to go swimming. The water was freezing but they still enjoyed it. After taking a dip, they dived into their peanut butter, Nutella, and jelly sandwiches. They were delicious! The girls built sand castles and relaxed by the water. Two hours passed and we decided to change the scenery. We walked to Thunder Hole where we watched waves crash into the rocks. The girls loved when they were splashed by the waves. We relaxed on the rocks and listened to the waves for the rest of the day. Eventually, we drove back to the campsite and of course the girls were ready for dinner. They helped us fix chicken pesto pasta. The pesto was amazing. Everybody wanted seconds. While fixing dinner, Jill built an awesome fire. The girls knew what that meant, S'Mores! We all sat around the campfire and enjoyed our roasted marshmallows.

The next morning we woke up and packed up our campsite. We had to leave Blackwoods by 10 am. We had yogurt and raisin granola for breakfast and packed more peanut butter and Nutella sandwiches for lunch. We left

the campsite and drove to Jordan Pond Lake. Jill had canoed it before and said it was a great place to enjoy an easy hike and to have lunch around. We walked around the lake which was huge and beautiful. From the lake we saw multiple mountains, canoes, and hikers. The girls really enjoyed the walk around the lake. After our 3 mile walk we went back to the car to eat our last meal in Acadia. I could tell the girls were a little upset that we were about to leave. Some of the girls had visited before and said there was so much more exploring to do. I loved knowing that they wanted to stay to see more. Eventually we packed up and said goodbye to Acadia. Our three day trip was such a wonderful experience that I know the girls will always remember.

Mohawk Snowgoose trip

Anne Warner

During the second week of camp, the Mohawk campers embarked on their first tripping experience and traveled to Bremen for a day on the Snowgoose lobster boat. The morning was chilly, grey and windy, so everyone stuffed their backpacks with fleeces, wool socks and wind-breakers. Little did we know that the weather would turn around completely by the end of the day and that we would enjoy a wonderful, sunny afternoon on the water. Captain Mike and his chocolate lab Luna had a fantastic day planned for us. We started out by traveling down the coast and out into the ocean. He stopped a few times to pull up lobster traps and the girls were eager to help out. Everyone participated in hauling up the lobster traps and then holding the live lobsters. Captain Mike discussed the intricacies of lobstering and also gave a detailed description of the anatomy of lobsters.

Mid-morning, Captain Mike stopped the boat and the girls all had an opportunity to try fishing. Everyone enjoyed putting their poles off of the side of the boat and hoped that fish might come by. After much patient waiting, Camille Britton caught a small fish! The feeling of actually catching a fish was exhilarating, and after much excitement and observation of the specimen, we threw the fish back in the water. After traveling a bit farther out into the ocean, Captain Mike stopped the boat near an island. The sun was now shining brightly above and we decided that it was the perfect time for lunch. After delicious deli sandwiches and snacks, the girls took advantage of the phenomenal weather by laying out their towels on the front of the boat,

jumping off of the side and even the top of the cabin. Captain Mike mentioned that the "jumping-off-the-top record" for the summer was 30 jumps, set by Kieve boys the day before, and the girls were determined to beat it! Despite the freezing cold ocean water, most girls jumped off the top of the boat and Camille Britton and Katie Day beat the record with 32 jumps in total! The afternoon ended up being very relaxing and enjoyable--- some girls swam around the boat, others read and some played "slamwich" (a new favorite card game for the cabin). After enjoying the sunshine and the coastal beauty that surrounded us, we headed back to the dock at Bremen and finished off the fantastic day with ice cream cones at Jefferson Scoop!

Cheyenne "Carefree" Cabin

HBC: Gabi D'Addario

JC: Kati Jacobs

JC: Kristina Kronauer

JC: Molly Barrows

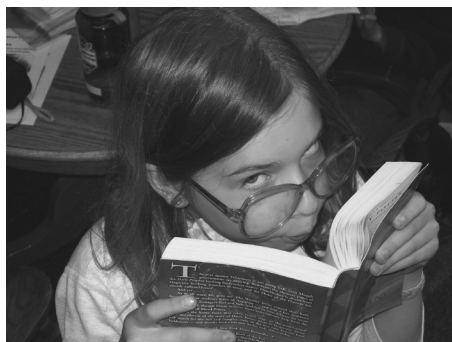


Damariscotta Lake / Great Salt Bay

On July 8th the Cheyenne cabin, journeyed out on to Damariscotta Lake. The rain had finally cleared and everyone was excited to start our first day of canoeing in the sun. We were singing songs and telling funny jokes to make time pass. Once we got to our first camp ground (don't remember the name, it's near Kieve) we tied up all our canoes and set up camp. Once all the tents were set-up we put on our bathing suits and practiced T rescue. All the girls loved tipping over their canoes; they even wanted to do it a second time. After swimming in the lake, the girls played games out at the field behind our campsite. Gabi cooked

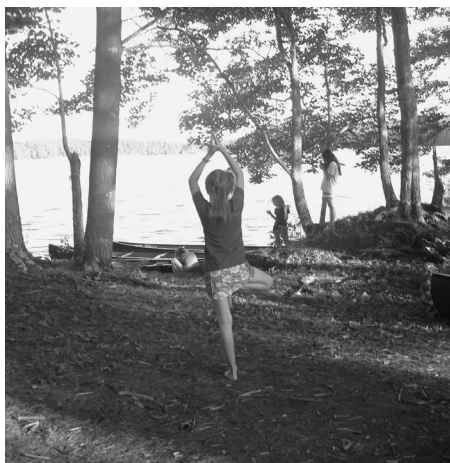
amazing tacos; everyone loved them! After enjoying tacos and dessert as a cabin, we played guess who, we all enjoyed a good laugh. After a long day of playing in the sun we were off to sleep. 6 a.m. wake-up call in the morning.

July 9th - the girls were awakened by Molly's banging pots and pans to get them up and moving. We had an easy breakfast with granola bars which the girls made, and some oatmeal. It was another sunny day, we loved it!! We double checked our campsite to make sure we left no trace and we were off. The water was calm, which made paddling much easier for everyone. We stopped at a small island that had a rope swing for the girls to swing off of, while there we had lunch of Pb&J. After a nice hour long lunch we canoed all the way to Damariscotta Mills, where we would meet up with Sara, Jodi and Suse. Once we got there, they helped



us portage our canoes into the Great Salt Bay. The girls did an amazing job with carrying their gear and the canoes. After a quick trip in the bay we left for our final destination. We got to (forget the name) and unpacked our gear. The girls loved playing hide-and-go-seek, and card games. Gabi and Molly took out some of the girls on the canoes and took them on mini canoe rides. For dinner we enjoyed pizza bagels and ending it with scrambled brownies. We ended our final night of the trip with a camp fire and jokes.

July 10th we got to sleep in and have a big breakfast of M&M pancakes. We packed up all our gear and brought our canoes so they were ready to be picked up. After everything was packed up we put on our bathing suits and walked to the bridge in Damariscotta Mills. Some of us jumped off the bridge and swam in the lake, followed by a quick lunch of turkey and cheese sandwiches. Sara, Jodi and Suse came to help us load up the canoes and head back home to camp. Before we returned to camp we treated the girls with a traditional sweet of Round Top ice cream! The Cheyenne cabin was amazing on this trip and always had a smile on their faces.



Snowgoose on 6/30

June 30 started out chilly and a little grey. After a filling breakfast, we packed our day packs, grabbed lunches (sandwiches and fruit) that we'd made the night before, and piled in the van around 9:30 am. Making only one wrong turn on the way to Bremen, we arrived at the Kieve landing around 11. After donning our life jackets and meeting the crew of the Snowgoose (Captain Mike, ship's mate Nicole, and Mike's dog, Luna), we were ready to go. It was very foggy on the coast, and soon after leaving the dock we were unable to see it. We searched for lobster buoys in the mist and pulled in a few traps. Captain Mike showed us how to identify a lobster as male or female and how to determine if it is legal to keep (they can't be egg-bearing females and must be within a certain length range).

Of the 5 lobsters (and one crab) we found in the traps, we could only keep one: we named him Paul. Everyone enjoyed holding (or just touching) the lobster. After lobstering, we pulled out the fishing poles. Though some lines did get tangled in each other and spark some anticipation, no fish were caught. Then it was time for lunch, and Kristina unveiled some cookies she'd baked for us the night before. After re-fueling, the girls were ready to jump off the roof of the boat into the approximately 52 degree water. Most of the girls got wet, with the promise of a stop at J-Scoop for ice cream for motivation. Josephine led the charge, and was the first to take the leap. Chloe also entertained us with her 'smack-on-the-window skit' before it was time to head back. We arrived back at Wavus around 4 pm. It was a great day on the coast of Maine with Cheyenne cabin.

Cayuga "Quiet" Cabin

HBC: Julie Jamieson

JC: Lexi Schultz

JC: Lucy Lynch

JC: Alice Aresenault

Georges Highland Path

Day 1

After breakfast at Wavus, the cabin packed up the van and headed to the barn to set up tents. The girls were divided into tent groups and the counselors helped the girls learn how to pitch a tent. After successfully setting up our campsite, we headed out on the road to get to the Georges Highland Path. We hiked a portion of the path, which took us about five hours total to hike. Thankfully the weather held for us and everything went smoothly. We met the Abenaki cabin halfway through the hike, at the summit of the Ragged

Mountain, and had PB and J and gorp for lunch. The counselors then traded van keys, and we continued on the path to where the Abenaki van was parked. On the drive home the cabin got a kick out of singing along to the radio. Back at the campsite, when the sun finally came out for a while, the girls played games and rested and the counselors did too. Lucy made mac 'n cheese for dinner, with hamburger too. Afterwards, the counselors told the girls that we had to go get more propane at a hardware store in order to make dessert, but really we were taking them to Round Top to get ice cream. The girls totally thought we had to go to the hardware store, and were very surprised when we rolled up to the ice cream store. We again, sang lots of songs in the car, and finally calmed down for bed after that.

Day 2

On Sunday we woke up, ate bagels for breakfast and packed up our stuff. Then we headed back to the GHP to hike the Bald Mountain for a quick morning hike. The girls really enjoyed it even as it started to rain near the end of our hike. The hike had a lot of rock and was slick going down, but the girls did a great job and did not complain! Then we headed back to camp and had cold cuts for lunch in the van, as it was pouring rain. The girls then packed up their soaking wet tents and played games outside in the rain. Despite being soaked, we still managed to have a good time.

White Mountains

Day 1-Friday, July 3, 2009

The first day of our trip, we packed up all of our gear and food from Wavus and made packed lunches. The weather in Jefferson was, as it had been for weeks, cloudy. As we drove toward New Hampshire, the clouds did begin to break and we saw some blue sky, finally. We stopped for lunch and ate our peanut butter and jelly sandwich lunches, courtesy of Alice, at a Dunkin Donuts parking lot. Then we drove about an hour more to our campsite at Dolly Copp. We then unpacked, set up our tents, tarp, cooking area, etc. and got used to the campsite. Then we all got back into the van and drove down Route 16 to Pinkham Notch where we parked and walked to the Long Pond/Square Ledge trail. The weather was sunny and beautiful with some rolling clouds. The hike took about an hour, a little more, and was really fun. The view from the top was perfect; it looked right onto Mount Washington. After the hike, we went to check in with a ranger station north of Pinkham

Notch on 16, past Dolly Copp. The ranger was really nice and helpful and gave us a full weather reports for Mount Washington. Since the forecast for Mt. Washington was not good for the Fourth of July, the ranger suggested we do a different hike on the Fourth. The girls got to go into the ranger station and check it out and see the maps. After that, we headed back to our campground and made bacon cheeseburgers for dinner, which was a huge hit. We had Oreos and peanut butter for dessert!

Day 2-Saturday, July 4, 2009

We woke up and had peanut butter and bagels for breakfast. Then, after readying all of our daypacks with water, lunch, raingear, etc., we headed out to the hike that the ranger had suggested. It was called Mt. Kearsarge and was off of Hurricane Mountain Road. We summited around 12:45 PM. The summit was gorgeous and had a beautiful panoramic view of the region. The sun was out but the winds were blowing hard and we could see rain and storms moving through the valleys and other mountains. After taking a look and exploring the fire tower there, we had to head back down pretty quickly for fear of thunderstorms. We had time on the way down to sit and have turkey, pita and cheese sandwiches for lunch, with lots of gorp in between for snacks. By 2:45 we were back down the mountain, which made it about a four hour round trip. After that hike we went to the Pinkham Notch to check in with the rangers there about hiking Mount Washington the following day. The people there said that Sunday the fifth was our best bet for summitting the mountain. We all kept getting a kick out of the constant reminding on the Mount Washington Observatory's website that

the mountain has the “World’s Worst Weather.” After making our game plan for the next day, we headed back to camp to have a patriotic dinner of hot dogs and macaroni and cheese for dinner. We had more Oreos and peanut butter for dessert and hit the hay early, anticipating a five AM wake up for hike Mt. Washington.

Day 3-Sunday, July 5, 2009

We woke up bright and early, at five AM and had again PB bagels, which were filling and sustaining for a big hike. We got everyone ready and with their day packs quickly, and were at Pinkham Notch and on trail, hiking by 6:30 AM. The weather was windy and a bit chilly, but the sun was out. The first two miles up we kept a slow but steady pace and since the sun was out it was an enjoyable hike. By 8:15 AM we were at the bottom of Tuckerman’s Ravine. As we had gotten higher, the sun had disappeared and we were in the clouds. We stopped by the shelter at Tuckerman’s to talk to the Ranger. He told us the conditions at the top were around 20-30 degrees with wind ranging from 40-60 miles per hour, and that there was still ice and snow. He also mentioned that skiers had gone down on the Fourth, and that same day, and it was July. He laughed. He did not recommend taking the girls up to the top, especially since we did not have gloves and because it was so cold. From there we took his advice and hiked up about .7 miles more, to the bottom of the Bowl. There we could see and play near the snow and ice. It got so cold! Even though we could not make it to the top, we all felt accomplished that we had gone that far. On our way back through Tuckerman’s Ravine, which was at about 10 AM, we ran into many more people making their

way through. There were other camp groups that seemed way, way, less prepared than we were, in cotton shorts and tee shirts, and who were about five years older than our eleven year olds. They were shocked that we had already been hiking in Tuckerman’s and were very impressed. One group of adults we passed on our way down, around 10:30, asked where we had spent the night because we were on our way down so early. All of the girls and counselors did an awesome, awesome job on the hike. Even though we could not summit, it still felt really cool. After we reached the bottom again, we ate turkey sandwiches for lunch at a picnic area, back in the sunshine and then went back to Dolly Copp to rest for a while. After some down time, we drove back to the Glen Ellis Falls to check out the beautiful waterfall there. Then it was time for dinner, which Lucy made. She was a great camp cook and we enjoyed pasta with Alfredo sauce, chicken and vegetables. One of the highlights of the trip was that evening, when we finally had nice enough weather (not raining) to make a campfire and roast s’mores. The girls loved it. Then we sat around the campfire and talked about our day, and did a round of “hi-low-hi” and reflected on what we had done on Mt. Washington. Julie read some stories before bed, and by then we were all exhausted and ready for some solid sleep.

Day 4-Monday, July 6, 2009

On Monday we slept in till 8, which was so nice after the 5 AM wake up the day before. We had oatmeal and hot chocolate for breakfast, then packed up PB and J lunches and the ever present gorp and granola bars in our day backs and headed out for another adventure. We drove north on 16, east on 2, then



south on 113 until we reached the trail head at the Bald Face Mountain. There we hiked in about one mile until we reached the waterfall that creates a beautiful yet freezing emerald pool. The sun was peaking through the clouds, and we had our swimsuits on, ready to jump off the rock formations into the crystal clear pool. Every single one of the girls jumped and so did one of the counselors. It was a really cool place and we spent about two hours just relaxing and swimming in the pool and eating our lunches. After the hike back out, we drove to North Conway and went swimming in a river and hung out in the sunshine. The girls swam in the current and let it take them downstream over and over again. The weather was significantly warmer even just a bit south of Mt. Washington in this area by the river, which was nice to get out of the breezy cool air and to warm up. For dinner than night we had brown rice, salsa and cheese quesadillas courtesy of Lucy and Julie. Yum! For dessert we made "scrambled brownies" and before bed we did an "appreciation circle" to thank each other for things that had made us cheer up, or helped us in some way. Then Julie read some more stories and the girls went to bed.

Day 5-Tuesday, July 7, 2009

Our last day in the White Mountains, we woke up around 8 AM and had cheerios for breakfast and apples. We spent the morning taking down the campsite and cleaning it really well. We left the Dolly Copp campground just after 10 AM and got in the van to head back to Wavus. We stopped at the same Dunkin Donuts parking lot on the way back to have another round of PB and J for lunch. The girls also got to have some of the candy their parents

had sent in packages on the ride home, since we can't have it in the cabins. We listened to lots of Taylor Swift and the ride went quickly. It was an awesome trip!

Beach Day

After making lunches at Wavus, we all got in the van and headed for Popham Beach. When we got there, it seemed as if everyone else had the same idea, and the beach had been closed until some people left. The weather was so beautiful, not a cloud in the sky, 70's and breezy. We tried another smaller beach down the road, which was also closed. By then it was time for lunch, so we stopped near a little bay to eat our lunches and regroup. We decided to try Popham one more time to see if they were open now. And they let us in! It had cleared out a bit, and by 1:30 we were on the beach. It is a beautiful beach with lighthouses out on little islands. The girls buried Alice in the sand, as their "sacrifice to the sun gods" and played in the cold, cold water. Snacks were enjoyed and everyone read books, magazines and enjoyed the perfect day at the beach. We headed back to Wavus, just in time for dinner!



Cherokee “Communicator” Cabin

HBC: Belinda McGehee

JC: Erin Berlin

JC: Natasha Cosgrove

JC: Jill Quinn

Primer Trip – Day 1

By: Shelby

We woke up around eight o'clock to go to breakfast and pack the van for our primer trip at George's Highland Path. We set up our campsite on the softball fields near the big yellow barn at the entrance of Wavus. The four counselors each had a group of three to four girls and taught us how to pitch a tent. We learned very quickly! After organizing our site, we headed out for a hike. The sky turned dark gray on our way to the hike, and just as we arrived at the trail it began to down pour. The rain persisted through our four hour hike, which made the path difficult to hike on. Yet, we made the hike fun by singing songs and making up new ones. Time just passed on by! We all supported and encouraged each other along the way and thus, our cabin grew much closer. Even though it was foggy, beautiful views peaked through the clouds. By the time we got to the van, we were all ready for some food! The counselors made turkey or salami with cheese sandwiches and we ate Skittles and 3 Musketeer bars as a special treat! When we arrived back at camp, we took off our wet clothes and relaxed in our warm dry tents. We all helped to prepare dinner of hamburgers, cheeseburgers, and rice and beans. Although many of us were skeptical of the rice and beans, many of us finished our whole bowl!

The counselors surprised the cabin with delicious scrambled brownies for dessert. YUM! We concluded the night in our tents talking, reading, and playing card games.

Day 2

By: Morgan

Although many of us were tired from the hike the day before, we rallied for day 2. The rain cleared up for the most part, so we took that as a good sign for the day! The second day was a steeper, but shorter path. With our new found experience in hiking, we were prepared for the hike. We had fun singing Taylor Swift and eating the yummy GORP during the hike. Throughout the hike, there was a gorgeous view. One girl even commented that she felt like we were in Ireland! We completed the hike in about an hour. We were treated to J-Scoop after finishing the primer trip. We all tried the delicious flavors, with peppermint stick and brownie batter being a crowd favorite! When arrived back at Wavus, we cleared out and cleaned up the camp site. We worked as a team to clean the van and gear and before we knew it we were soon comforted by warm showers back in the cabin!



White Mountains

Day One

By: Sophie and Aly

The first day was very exciting. Everyone was really pumped and ready to start our trip, even though it was a little rainy. The car ride was about four hours to New Hampshire's White Mountains. We arrived at the campsite at about one, and set up our

tents and sleeping bags. Since we were all so tired from the long car ride, we decided to do a short hike called Square Ledge Trail. It was a very short hike to the top, where we had homemade granola bars made by our cabin and there was a beautiful view of Mount Washington, which we were hiking the next day. It was a fun, easy trail that got everyone excited for our big hike the next day. After the hike, we went back to the campsite and made chicken and cheese quesadillas, and then went to sleep early to make sure everyone was well-rested for our very early morning wake up call the next day.

Day Two

By: Emma and Annabelle

On Tuesday, the second day of our trip, we hiked Mt. Washington! We all woke up at four in the morning and quickly ate bagels in the van before heading to the trail. We started hiking at five on the dot, and were all very enthusiastic to be starting the long day ahead of us. We hiked two miles and made it to the Ranger Station, where we had a break, found out about the good weather and then could see the trail we were about to hike, which looked impossible. But then we kept hiking, and after another 3 long hours, we finally made it to the top! On our way, we made a lot of friends, as we talked to all of the hikers going up the mountain with us. At the top, we had peanut butter sandwiches and hot chocolate, which was a great treat for making it to the summit. After our very long hike down, we all felt great (and exhausted) because we had climbed the tallest mountain in the Northeast! We arrived back at the campsite and had English muffin pizzas with pepperoni and vegetables for dinner and scrambled brownies for dessert.

Day Three

By: Clara and Georgia

Today was another beautiful, sunny day at the White Mountains Dolly Copp Campground in New Hampshire. This morning we all woke up between the hours of seven and eight for a delicious breakfast. This breakfast consisted of pancakes with S&Ms which is a candy that is like M&Ms, where every bite of pancake was full of chocolate.

Soon after breakfast, we all got ready for Emerald Pools which was located a little ways away from the campsite. Around the swimming area there was a large rock that we were able to jump off.

We spent the majority of our time at the Emerald Pool. The campers continued to go swimming in the cold water stream as well as lying on rocks relaxing and exploring the area. In doing so, some of the campers found a huge frog! After we were done swimming, we decided to head back to the campsite for tortellini with pesto for dinner and S'mores. Everyone seemed to have a blast making S'mores even though some caught on fire; it was great end to our rest day.

Day Four

By: Kelsey

After our amazing rest day, we were all ready to hike again. So we once again got up a little earlier, around 6:30, and had a breakfast of cereal, granola and soy milk. We had a short drive from our campsite to the start of the Imp trail. We were still sore from our Mount Washington hike so we started off at a slower pace, heading uphill. On the way there was a lot of singing and hiking. Unfortunately, we did not make it all the way to the top due to the threat of afternoon rain and thunderstorms. However, we all



enjoyed a special homemade granola bar before turning around and heading back down. When we got back to the campsite we had lunch and changed into our bathing suits and went to a swimming spot called Rangers Pool. It was a little but scary because it was a river and it had some rapids. We all had a lot of fun swimming in the river and sliding down rocks. Then we went back to our campsite and helped prepare dinner, which was Gato- Gato. It was so good! We had a great day.

Day Five

By: Caroline and Lynsey

After a late start and a breakfast of cheerios, granola and soy milk, we dressed and headed into town. In town we got gas for the van and a whole bunch of snacks for the ride back to Wavus. When we returned to the campsite we packed up all of our gear and then took down and cleaned out the tents. Next, we loaded up the trailer and got into the van. We were finally on our way back to Wavus! We stopped briefly to have lunch and then continued on our trip back to camp. We made a special stop back at J-Scoop for some ice cream, which was a necessity. When we pulled into the Wavus, we blasted our cabin song (I've got a feeling) to let everyone know that we were back. Finally, we unloaded the van and cleaned our camping supplies. It was the end of a long day.

Beach Day

By: Caroline

It was beach day and our whole cabin was anxious for some rest time. Before breakfast we all packed a backpack for the beach. These items included: a lunch, towel, sunscreen, cards, crazy-creeks, water bottles, an extra change of clothes and books. After finishing

our breakfast, which was a choice of cereal, oatmeal, bacon and fruit with yogurt. Soon after we made lunch which consisted of granola bars and a sandwich with a choice of ham or roast beef with cheese.

Then we were finally on our way out to the beach! After a long drive to the beach we finally arrived to Reid State Park. As soon as we spotted the ocean, all of our eyes were on the look out for a good stretch of sand on the beach. When we found it a few seconds later, we immediately dropped all of our items, got our towels out and rested. We were there on a perfect beach day ready to just have fun. When the sun came out, and all were getting hot, we all decided to head in the ocean for a refreshing dip. The water was a little chilly but nobody cared too much because it was a gorgeous day, being with friends and having fun. After swimming for a while, we then ate our lunch and got right back to playing card games with friends and going back into the water. When three o'clock rolled around, without much warning it was unfortunately time to go. We packed up our stuff and left the beach for another long drive back to Wavus. It was the end of a great day!



Narragansett “Safe Point” Cabin

HBC: Christy Tricoli

JC: Marion Buzon

JC: Isa Berglund



Camden Hills -Primer

July 2nd

Today was the first day of our camping trip. We ate breakfast at Wavus and then headed out. On our way to our campsite Christy got lost :). It was fine though because I like van rides. When we got to the campsite, we set up all of our tents. It was hard to put the stakes in the ground though. After that we all made sandwiches, except Maura... she's a picky eater. Then we started our hike. It was a little ways away from our tent spot so it took a couple minutes to get there. Then we started going up. The hike wasn't that bad but Nina fell six times! And when we got to the top, JD dropped her water bottle along with Lexi's and Christy had to get them! The way back down from the hill wasn't that bad, but it was when Nina fell a lot. She was fine though and we kept going. I felt proud when we reached the top of the hill. Later we ate hot dogs and roasted marshmallows and said our highs and lows of the day. A lot of people said they loved the 'smores. They also liked when they reached the top of the mountain. They also liked the weather. They didn't like all of the bugs and that the bathroom was a little far away. Overall though I think we had a good day.

-Emily Sanborn

July 3rd

Last night there was a thunder storm and we all stayed in the van for about 2 hours. Thankfully it passed! We started the morning with oatmeal and fig newtons. They were good! After we

ate everyone got into the van and we drove to the trail that we were going to hike. It was very fun and took about 4 hours. When we reached our first summit, everyone stopped for burgers. Most people thought they were the best burgers they had ever had! After that we reached our second summit, then third, finally we were able to reach our "final" summit (#13). We ended the day with pasta, 'smores and a talent show! It's been a great day!

-Julia Dixon

July 4th

We woke up this morning to a wonderful smell of M&M pancakes made by Isa! We all got three pancakes that were awesome! We climbed Mt. Megunticook and when we were almost at the summit, we stopped because there was a beautiful ocean view. When we got to the top, we ate turkey and ham sandwiches for lunch and headed back down. When we reached the bottom of the mountain, we drove to Wavus, then turned back to get ice cream at JScoop! When we unpacked everything at Wavus, we had a capture the flag--4th of July war. Today we also received a lot of mail because we've been away. Today was one of the best days of camp!

-Caroline Blue

Beach Day

(Boothbay Harbor Aquarium)

July 7th

Today was scheduled to be "beach day" for our cabin, but unfortunately some storms and cold weather forced us to change our plans. Luckily, there is a great aquarium about 45 minutes from camp, so we spent the day there! We ate breakfast at Wavus and left at around ten o'clock. The aquarium was a blast, with tanks of local sea life and



a hands-on shark and coral tank! The girls really loved picking up the star fish and sea cucumbers.

We decided to eat our packed lunches of GORP and sandwiches in the van since it was storming outside, followed by an hour of reading and games. Once the storm cleared, we ventured through the town of Boothbay Harbor--stopping in local stores and taking over 50 pictures! We returned to camp at around five o'clock and ate a delicious chicken dinner. We ended the night with a trash bag fashion show!

-Christy Tricoli

Damariscotta Lake / Great Salt Bay July 10th

Today we departed from Wavus to go on our 5 day Damariscotta Lake and Salt Bay canoe trip. We canoed from Wavus to a campsite near Kieve called "Punk Point." On our way to the site, we had some minor difficulties. We were all unfamiliar with the area and we asked many people for help with the map and the directions. We made it though and were delighted to see hot pink tape lining the trees. The weather was luckily beautiful and a perfect day for canoeing and swimming. We practiced capsizing and wet escapes. Then, the day was ended with an amazing AWESOME swing. The swing led to some problems though... Crosbie got banged in the head and started bleeding (a lot) and got a new tie-dye shirt....:-) overall, the day was really fun!

MEALS: Breakfast- at camp, Lunch- ham and turkey sandwiches, Dinner- cheeseburgers on the grill.

-Crosbie Marine

July 11th

We woke up at 5 am and had muffins and granola. From there we canoed

past Kieve and through Damariscotta. Our first stop was the rope swing where you climb up a tree and swing on the rope over the lake. There were a few people camping on the island with the rope swing but it was still really fun. We kept canoeing until the portage. We unloaded the canoes and all our luggage onto a grassy area. There were a lot of Kieve boys there portaging up the hill. We carried the boats and luggage down and had a quick snack. After entering Great Salt Bay, we crossed the bay and got a little lost until we stopped and asked a local man where Lee Parson's Point was located. At the site we had pita pizzas and macaroni/pepperoni. Then we set up our tents and got settled. We ended the night with twizzlers!

-Nina Wilson

July 12th

Today was a "non-canoing" day in a matter of speaking (meaning, we didn't canoe). We slept in until 8:30 or so and woke up to Isa stirrin' up some Cream of Wheat with selected toppings. After breakfast, we made new GORP bags! Yummy! We spent most of our time after that chillin' out on the rocks and talking (and nibblin' on our GORP!). After awhile Isa, Christy, and Marian gathered us up for a group talk and games. The speech was very important to understand. A lot of the girls had been missing family lately, and this chat was about the fact that this trip is an opportunity to take, for it may never come again. Just like in spoons, if you don't take the card you need the first time, it may never come again (spoons was the favorite game today!) Soon enough, we had lunch which consisted of hot dogs! After that, we headed out to a bridge. The bridge stood over the water we canoed on when we reached

our portaging site. We jumped off the bridge multiple times and it was really fun! For dinner we ate risotto and cheese! Yummy! We were supposed to have popcorn for dessert but sadly, it didn't work out so we had our homemade granola bars instead! We ended our day with our scariest and happiest stories. What a fun day!-Lexi Silver

July 13th

We woke up early at about 6:30 am and had delicious oatmeal for breakfast. Then we quickly got bug spray and sunscreen on. We hopped into the canoes and paddled across the bay to the Salt Bay Preserve shore walk where we fixed the logs that got carried off by the tide (as a community service project with the Damariscotta River Association). After we finished we went back to the canoes and got lunch which was sandwiches. Later on after lunch we went on a hike around the Damariscotta Salt Bay. We went to the oyster middens (shell heaps) where Native Americans buried their oyster shells and checked out the shore eroded wall. We hiked back to the canoes and realized it was low tide. We had to step in the wet, egg-smelling black clay/sand stuff at the bottom of

the bay and drag our canoes to water. Emily lost one of her keens in the mud. Once we walked 3/4 of the way it was deep enough to get into the canoes and paddle. When we got back, we relaxed and then walked to the jumping bridge for a quick swim. Then, we had a spicy Mexican dinner (beef and Mexican rice) and some 'smores. We talked about embarrassing stories and how our parents met, followed by a good night's rest.
-Maura Eagan

July 14th

Today was a great day (even though we are leaving from our trip)!! We ate M&M pancakes for breakfast and then canoed to Round Top Ice Cream! The counselors tricked us by saying we were canoeing to some rapids to practice paddling! We came back to the site to pack up and ate macaroni with cheese and tomato sauce for lunch. It was sunny until Suse came to pick us up, and it poured rain the whole time we were putting up the canoes and it stopped right after we were done! I think everyone had some tough moments or some rough ones but overall, I think we all really bonded on this trip. And I know everyone had a lot of fun (I know even that I had some hard moments but still A LOT of fun!)
-Palmer Voorhees

Abenaki "Dawnland people" Cabin

HBC: Kat Barnes

HBC: Erin Malafronte

JC: Caitlin Boroden

Day 1, July 3:

Arriving at Baxter State Park

By Harriet Fink

After breakfast we walked back to the cabin to collect our day packs. We picked up our back packs and ran to the

van. We packed all the group gear in the trailer, each of us carrying a different bag. Caitlin the counselor drove us to the campsite. As we were driving we all sang songs, talked, read books, and ate gorp. When we finally arrived, we unpacked, set up tents. We visited the ranger station, and filled our water bottles at the stream so we could polar pure it and have clean drinking water. We had chicken and cheese quesadillas for dinner, and scrambled brownies for



dessert! After that we slipped into our tents and went to sleep.

Day 2, July 4:

South Turner Mountain

By Ally Coggeshell

The day before we hiked Katahdin, we hiked South Turner Mountain. We had granola and yogurt for breakfast, and got an early start on our hike. It was challenging, but fun, and a good warm up for Katahdin. We wore red and blue face paint to celebrate the Fourth of July. South Turner Mountain was steep and bumpy. When we got to the top we had lunch, which consisted of peanut butter & jelly on pita bread. After our break we started back down the mountain. Going down was a lot easier, and we went faster. Finally we got back to the campsite. We had a hearty meal of cous cous with vegetables and cheeseburgers. We went to bed early that evening so that we would be able to wake up early for Katahdin the next day.

Day 3, July 5: Katahdin

By Sophie Jensen

We all woke up at 3:45. We had a quick breakfast of bagels and cream cheese that we ate in the van as we drove to the base of Katahdin. We listened to fun music on the way there and put on green face paint to represent Wavus. We started hiking at 5:00 am. The way up was steady and steep but our group hiked well. When we reached tree line the winds picked up and the

pathway became steep and rocky. The last two miles of the hike were steep boulders, which were scary but we hiked on. After many false summits, we finally reached the top! It took us five and a half hours. We met a group of Kieve campers at the top and they were surprised to find out fast we had hiked such a hard trail. We then set off back down the mountain, and it took up about six hours. We had a great dinner of macaroni and cheese, a camp fire, and s'mores for dessert! We fell asleep quickly that night, exhausted from our long day but extremely satisfied with what we had accomplished.

Day 4, July 6: Waterslides

By Annelise Vought

We were allowed to sleep in the morning after Katahdin, and when we were all out of bed we had a fun yummy, but deformed breakfast made by Caitlin the counselor. We were ready to relax after the gruesome Katahdin hike. We drove to the natural waterslides of Baxter State Park, which were flat rocks in a rushing stream that we were able to slide down! The water was cold but the sun came out which made the day even better. We saw a group of Kieve campers that were friendly, but so smelly! We devoured peanut butter and jelly sandwiches, Doritos, and some camper candy for lunch. After spending three hours at the waterslides, the counselors piled us in the van and took us for a surprise, sodas! We sat in the sun, drank them, and talked about our success at Katahdin. We went back to the campsite and went swimming in the nearby stream. After our dinner of pasta and red sauce we sat around the camp fire and talked. We finally went to bed, ready to head back to Wavus in the morning.



Day 5, July 7: Going Back to Wavus!

By Caitlin Wood

We woke up around 7:30 a.m. to pack up our campsite and head home to Wavus. We were sad our trip was over but excited to get back to Wavus and shower. After we all woke up, we had cheesy bagels for breakfast and started to take down our tents. We loaded up the trailer and piled into the smelly van. We drove about two hours before we pulled over and took a break for lunch, which was peanut butter and jelly, and pretzels. We drove on, and ended up at our favorite ice cream place, ROUND TOP! We all got ice cream and visited with Cheyenne and a Junior Wavus group that were also at Round Top. After a delicious snack, we finally rolled into Wavus.

Beach Day!

On Monday July 13th, we awoke to a bright and beautiful day -- perfect weather for the beach. First we awoke and went to flag. After flag was

breakfast. Finally, after eating and running back to the cabin to pack our beach bags we all jumped in the van and were on our way. Our original plan was to go to Popham Beach. However, due to the directions and the confusing Maine highway system we did not make it there. Instead, we ended up at a beach just as nice in Reid State Park. We arrived at the beach around 11:00 and immediately some of the girls went to jump in the 54 degree water. It was freezing but they still enjoyed jumping into the surf. At around 12:00 we ate our lunch consisting of turkey and cheese sandwiches with granola bars and string cheese. After lunch, the girls bravely jumped in the water for a second time and many took the opportunity to take in the view of the surrounding area from atop nearby rocks. At around 3:30 we had to call it a day and get back to the cabin for dinner; but of course, we couldn't return without making our final trip to Round Top for the session!

Shawnee "Southerners/Warm Heart" Cabin

HBC: Emma Ram

JC: Devin Tellatin

JC: Maggie Williams



Baxter State Park

By Maggie Williams

Day 1 (July 8th):

We woke up at 7:00 am in time to do some last minute packing, followed by flag and breakfast as usual. Although we were following our daily routine, the excitement in the air was tangible as we all anticipated the trip ahead of us. After breakfast, we packed the van and made sandwiches in the Jewell, then set out on our four-hour van drive to Baxter State Park. Along the way,

we played cards, sang and laughed to pass the time, and made a rest stop to stretch our legs. We finally made it to our campsite in Baxter in the afternoon, and we were pleased to see that it included a roofed shelter for cooking and a fire pit. After being assigned tent groups, we all set up our tents while our counselors cooked dinner, tomato soup and quesadillas with chicken, peppers, and onion. Dinner was delicious, and we all felt full and happy afterwards, when we split into cleaning groups and the first group helped clean the dishes. We ended the night with LNT and safety lessons. Everyone felt excited to be on our trip, tired from our long drive, and ready to begin hiking the following day.



Day 2 (July 9th):

After waking up at 7:00, we ate a great breakfast of oatmeal and toast. Then, we headed out in the van to the trailhead at the "Roaring Brook" ranger station. From there, we began our hike up South Turner Mountain, a 3,200 foot peak to the west of Katahdin. It took us about 3 hours to summit the peak, moving at a comfortable pace along the wooded path. The top of the mountain took us above tree-line and scrambling up boulders, good practice for our Katahdin hike the following day. We ate lunch on top of South Turner, enjoying the amazing view of Katahdin. We could see where we'd be hiking the next day. We headed down; reaching the bottom by about 3:00 pm, then drove to our campsite. We spent about an hour of downtime, and then ate another great dinner of burgers and beans and rice. We went to bed pretty early, packing our day packs and lunches for our hike the next day.

Day 3 (July 10th):

We woke up very early (about 3:30 am), and ate granola by the light of our headlamps. After gathering our packs, we drove back to the Roaring Brook trailhead, where we began our hike at about 4:30. We started up the Chimney Pond Trail, a 3.3 mile, fairly easy trail taking us to the base of Katahdin. Along the way, we passed by beautiful lakes and watched the sun rise into the perfectly cloudless sky. Spirits were high as we made our way deeper into the woods and kept our eyes open for moose. We reached Chimney Pond at about 8:00, refilled our water bottles, took a short break, and began our ascent of Katahdin up the Saddle Trail, a 2.2 mile trail to the summit of the mountain. Saddle Trail quickly left the cover of the forest and took us up

and over boulders by the top of the mountain. Climbing was steep, and we all worked together to find good footing and keep everyone motivated. Along the way, we ran into several other hikers, who all encouraged us. We summited the mountain around lunch time, and took pictures at the top. Then, to our surprise, Emma pulled out bags of candy for us to enjoy at the top. We were all excited and stunned by the gorgeous view surrounding Katahdin. In every direction were rolling hills, lakes and rivers, and hazy mountains, which our counselors told us, used to be as tall as the Rockies. After lunch, we began our descent down the same trail we climbed up, and we observed that climbing downhill is sometimes harder than going up. We all felt challenged and tired, but we kept positive attitudes, and slowly made our way down the mountain. We made it to the bottom by 5:30, and then returned to camp for a dinner of pesto pasta with mozzarella cheese and chicken. Afterwards, we made a fire and roasted s'mores on it. Full and tired after a long, rewarding day, we went to bed.

Day 4 (July 11th):

We used this day as a rest day after our summit of Katahdin. We slept in until 8:30, and then ate a delicious breakfast of M&M pancakes. Next, we got into the vans and drove for about an hour through Baxter State Park until we reached "Ledge Falls," a set of natural, safe waterslides. The weather, we were excited to see, was sunny and warm, and we spent the day playing and splashing in the river and soaking up the sun. We returned to the campsite, ate dinner, played cards and hung out in our tents, then went to bed. It was a fun, relaxing, and memorable day.

Day 5 (July 12th):

We woke up at our usual time, 7:00, and ate a quick breakfast, then packed our sleeping bags, packs, and tents into the van, for we'd be leaving Baxter this day. Then, we drove a short way through the park and parked at a trailhead, where we began a short 2 mile hike along a pretty lake. The hike felt relaxing after our challenging day on Katahdin, and we all took the

time to quietly reflect on our time at Baxter. After hiking for about 2 hours, we returned to the van and began our long drive back to Wavus. Like the first ride, we listened to great music, played cards, and talked the whole way. We stopped at Jefferson Scoop for an ice cream treat on our way! We finally returned to camp just before dinner, and unpacked and cleaned our gear. We were happy to be back at camp after a fun and memorable trip to Baxter.

Omaha "Graceful" Cabin

HBC: Leah Agren

JC: Holly Seamans

JC: Lisa Carson

Omaha takes on the St. Croix

Day One- Easy paddle to Birch Island, No camping in Canada this year! They changed the passport laws! BUGS, BUGS, BUGS!

Day Two- Paddling to Walker Cove on Spednik Lake, the fog lifted and the sun even came out for a bit! We followed the right shore of the lake and listened to our counselors really well! Holly still hasn't gotten to see a moose!

Day Three- Today was our last day on the lake and our first day of rapids. We woke up early and had bagels and cream cheese for breakfast. Then we had a very hard canoe because of the heavy winds. Finally we got to the place where we had to portage. It took us about an hour. Then we had sandwiches for lunch and then came the rapids! The first were scary but really fun. As we went along we got used to them and had a very enjoyable ride! We didn't go over Little Falls because the water was so high and dangerous! So we set up camp and our day has come to an end!

Day Four- Rapiiiiiiiiiiiiiids! We were all pretty scared when Abby fell out of her boat and Leah and Tirah capsized just after Little Falls. We almost lost the map bag and a few other things but most everything else had been buckled into the canoes! Thank Goodness! Rachel and Holly saved the day by saving the map bag and pulling Tirah into their canoe. A crazy day on the river! Two pairs of flip flops were lost in the chaos. Ohhhh well. Spirits are still high, we were all just a little shaken up!





Day Five- We woke up in the morning, took down camp and ate an amazing breakfast of M&M pancakes. We set off down the river, crossing our fingers that no one would capsizes! We ran into the Camp Winnebago boys while paddling and we sang some songs with them as we trekked on. We reached our campsite and had a huge lunch. Lunch consisted of peanut butter, lunch meats, and Nutella. We set up tents and hung around. There was a sturdy tree hanging over the water and Rachel fell off it! Needless to say we were all very amused. We had rice and beans for dinner and homemade granola bars for dessert. After a long day we went to bed. ~ Maddi Cross

Day Six- When we got up this morning, we had to be very quick packing up, said the counselors. We had to be packed up and finished with breakfast in 45 minutes. That's a big deal if you're living in tents. We pulled it off though and set out around eight. Since it was the last day, it was pretty soft--we only had about an hour of paddling and got to pick our own canoe partners. Today we got to a small lake at the end of the river. So there were no more rapids to tackle or currents to follow. We got separated a bit but it was okay. We saw the boys camp we met a few days ago who were also

getting picked up soon. They got lost, having gone to the wrong dam. We all laughed so hard! We went straight to the takeout and a few minutes after we got there we pulled all the canoes out of the water. A bus pulled up. It was THE ONE! Everyone was happy to see the car that would take us home. We got the gear and canoes onto the trailers and then said goodbye to the St. Croix. After an hour drive and a quick lunch stop at McDonald's we finished the drive back to Wavus. Everyone was super happy to be home not that the St. Croix wasn't awesome!!!

Snowgoose Day!

After breakfast we packed our lunches and got in the van. When we got to the dock we got our lifejackets and got on the boat. First we fished for a while but didn't catch anything so we moved on. Then we saw if there were any lobsters in the lobster traps. We found two but they were too small so we threw them back. Then we had lunch and some people jumped in the water. Claire jumped in over 100 times! Casey swam around the boat over 60 times! Then we fished again. This time almost everyone caught a fish! When we got back to the dock we hung up our life jackets and loaded the van back up. On the way back to Wavus we got to get ice cream at Round Top!!!!

Ojibway "Fire Keeper" Cabin

HBC: Amanda Leonard

JC: Nichols Mabry

JC: Claire Calderon

Primer Trip, Damariscotta Lake

June 29-30

For our primer trip we canoed down Damariscotta Lake to a house landing

where we spent the night. The weather made the trip a little difficult at some points, it was raining a little bit and there was a strong wind that was making the lake very choppy. When we arrived at our campsite spot we set up our tents while the counselors got lunch ready which was turkey and cheese sandwiches on pitas! We then

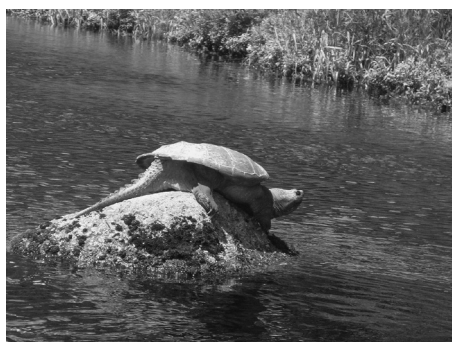
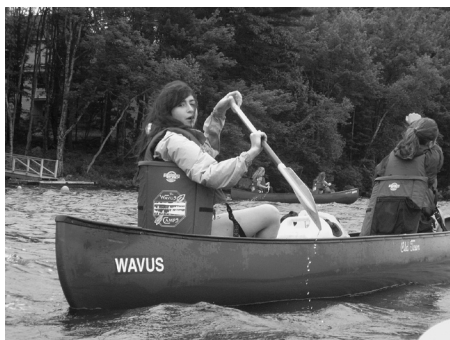
enjoyed some games and discussed what we would need to know in preparation for our trip to the St. Croix River, including Leave No Trace! We took some time to rest before we had a delicious dinner of quesadillas where we even got thirds! As a cabin we then played a few rounds of the game Mafia and then we had our filling of chocolate by enjoying scrambled brownies for dessert! The next morning we enjoyed pancakes with S&Ms in them! We then got an early start so the water was really calm and it turned out to be a sunny day! We then stopped and had lunch before we returned to camp.

Snowgoose Trip

July 2

On the morning of the Snowgoose, we packed up our lunches including one for the Captain and First Mate after breakfast before we headed out. When we arrived at Bremen to get on the Snowgoose we got on our lifejackets and stepped aboard! Captain Mike explained to us what we were going to be doing for the day. First thing we got to do was pull up lobster traps and learned what the standards are for being able to keep a lobster and then we passed one around and we all got to hold one and take a picture with it. We passed seals lying out on rocks and even some of us licked seaweed in hopes of getting an extra treat at JScoop! Captain Mike then stopped the boat so we could eat lunch and enjoy jumping off the boat and some swimming! Even though it was overcast and a bit cold, most of us still jumped off! Captain Mike even tried to get whoever would jump first a candy bar! After we warmed up a bit we headed back to the dock, but stopped along the way and went fishing for a bit, unfortunately





no one caught anything! We still had a lot of fun though. When we were back at Bremen, we saw a young Kieve cabin, including Court's brother. We then left to return to camp but first we stopped at JScoop and enjoyed some ice cream!

St. Croix Trip! July 7-12, 2009

7/7/09

Trip Notes by Sophie Kissinger

Today we woke up extra early in order to get a good start on our first day of our long trip. We took a long ride to our put out spot but we filled the time on the bus with sleeping and singing songs. When we arrived it was a bit cloudy and windy, so we unloaded the canoe trailer and changed into longer layers. We then had some lunch before we set off canoeing to our first destination of Birch Island. After facing some rough winds and currents, we safely arrived at Birch Island and set up our campsite for the night. While the cooking group started to get dinner ready, others collected wood for a fire and set that up. We enjoyed cheeseburgers or veggie burgers by the fire as we talked about our first day on trip and then ended the tiring night with a s'more by the fire!

7/8/09

Trip Notes by Cashel McCarthy

Today we left our first campsite of Birch Island and headed toward Walker Cove for our second night of our St. Croix trip. The weather today was pretty cloudy and the wind was blowing against us so we were going against the current. We had granola and yogurt for breakfast. We talked and sang songs as we paddled along and today we all were able to touch Canada which was very exciting! When we reached Walker Cove, we set up

our campsite. The sun then started to come out, so while the cooking group got started cooking our dinner, some of us did a short paddle out to an island where we could enjoy the sun! When we returned we had an amazing meal of chicken stir fry, yum yum! Then we enjoyed some dessert that was sent to the cabin by my mom!

7/9/09

Trip Notes by Susannah Davies

Today is our longest day of the trip. We had a very early wake-up call so we could fit in all that needed to be accomplished, but it was exciting because we knew we would be entering the St. Croix River today! Luckily we woke up to a sun shining day. We left our campsite of Walker Cove and headed toward Vanceboro. Once we made it to Vanceboro we ate some lunch before we continued on. We finally made it to the river and we have already seen turtles, fish, and a bald eagle! Today also marked our first day of rapids which was extremely exciting! Everyone made it down safely. We sang songs, played games, and quoted from movies, including "The Parent Trap" as we canoed down the river. Our next stop was at Little Falls, which are rapids we portaged around, and then continued just a little further to our campsite called Lower Little Falls. Tonight we enjoyed delicious chicken patties and then s'mores around the fire!

7/10/09

Trip Notes by Kate Hackett

Today we woke up and headed out from Lower Little Falls campsite. First we had a presentation done by two of the St. Croix Association campground managers. They taught us about the history of the St. Croix River. It was another beautiful day on the St. Croix

River, the sun was shining with only a few clouds in the sky. We went over some more rapids today; we stopped for some lunch, before heading over a long line of rapids. After that the river opened up into more of a bay area and we passed a boat launch and we stayed at a campsite beyond there along Loon Bay. When we reached the campsite, we set up our tents and everyone enjoyed some sun in their crazy creeks and read from a book or wrote in a journal. We also did hair braiding for each other! After dinner we played a cabin wide card game and had a talent show where a couple girls performed some songs they created about the trip along with a “duff” dance and a counselor dance! We then said goodnight and headed to bed.

7/11/09

Trip Notes by Tori Anderson

Today we left Loon Bay and headed back into more like river water. First we enjoyed delicious pancakes with S&Ms! It was another beautiful sunny day on the river. We went over some more rapids today, but sadly it was going to be our last day of rapids. Amanda got out and scouted the Canoose Rapids in order to find the safest path for us to go down. In the end, everyone was successful! We paddled some

more, even through some marsh land before we reached our campsite at Kendrick Rips! We enjoyed some PB&J sandwiches and then went swimming with the current right by our campsite so we could cool and clean off! We all then enjoyed some more time as a cabin by circling up in our crazy creeks and doing some writing and reading. We finished our last night off on the river with some grilled cheese sandwiches and tomato soup! Then for dessert we enjoyed a camp favorite known as scramble brownies. We then got ready for bed and sleeping one last time in tents, Wavus tomorrow!!

7/12/09

Trip Notes by Susannah Davies

It's our last day of our St. Croix trip! Unfortunately we woke up to rain, but we still managed to keep our smiles. We had breakfast of bagels and cream cheese and headed out for a 2 hour paddle, which ended up being kind of difficult due to the wind. But soon enough we saw the van from the distance! We loaded all our gear up and headed back to camp. We stopped for lunch along the way and sang songs the whole way home. We entered back to camp by singing “See You Again” by Miley Cyrus and other Wavus counselors and campers were there to happily welcome us home.

Osage “The Wise” Cabin

HBC: Lizzy Bates

JC: Mads Sneedan

JC: Lisa Carson

Osage Primer Trip

On June 28, the first Sunday of camp, Osage headed out on Damariscotta Lake for Day 1 of our Primer Trip. After enjoying the first wild donuts of the

session and practicing packing the dry bags and loading kayaks, we headed out in the rain to paddle around the lake. We headed off to Treasure Island, working on the strokes and getting comfortable with the boats and gear. Because everyone was doing so well and in good spirits, we continued past the island and paddled across the lake to Jefferson and something sweet, if you

get the scoop. We went to J-Scoop for ice cream! The treat was well-deserved, and well-received! After our break we set off back to camp. Being soaking wet did not deter us in the slightest and the girls amused themselves by telling jokes and stories. We made shapes with our kayaks to practice maneuvering. When we returned to the point in the evening, we set up our tents and tarp for cooking.

We then practiced wet exits and t-rescues. By this point, everyone was sufficiently soaked but still smiling. The cabin changed into dry clothes and sat under the tarp, keeping dry as we cooked burgers and tortellini for dinner, our first backcountry meal. After scrambled brownies for dessert, we settled into our tents for a good night's sleep.

In the morning we attempted to make pancakes but they turned into scrambled pancakes instead - still delicious, although they looked a little strange. In the afternoon we drove to Camden to hike some trails in the Camden Hills State Park. The girls broke in their hiking boots and had a good time. All in all, it was an awesome 2 days. We got to experience both parts of our trip, sea kayaking and backpacking, and persevered through the weather, smiling all the way.

11 days Hiking the AT and Kayaking on Muscongus Bay

Day 1: Today we started the day waking up at 5 am. We ate a nice breakfast of cereal at 6 and got on the road at 7:30. We had a fun car ride listening to some sweet jams and having good conversations. We finally got to the trail and decided to have lunch at the van. We saw a MOOSE! Soon after, we began to hike. It was

hard at times, but when we got to the campsite, it was very rewarding. We set up camp and then had a yummy dinner of chicken sandwiches, rice and beans and hot chocolate for dessert. Camp was very close to a beautiful pond. Lizzy, Mads, and Molly W. went for an ice-cold swim!

It was an awesome day!! Katy Ferg

Day 2: After getting up from 10 hours of sleep, we were well rested but immensely attached to our sleeping bags. The warmth was so comforting it was hard to get up. We had started off the day asking each other how they slept as we ate energizing, crunchy granola with yogurt. After packing up our bags as tightly as they could possibly go, we left at around 11:30 am. After about a few hours we stopped by a stream and ate pitas with Nutella, PB, honey, and jelly. After being destitute for fresh veggies, the bright orange carrots were a big hit. As we continued to climb Round Top Mountain, we reminisced about our favorite ice cream places in Maine with the same name. As we approached our campsite, we ran across a vast lake. Now we were all ready for sleep.

When we were close to our campsite, we were compelled to walk faster by the rapidly approaching thunder.

Kana

Day 3: Happy 4th of July! We awoke to the pitter-patter of raindrops and the excitement of the holiday of the 4th of July. We had bagels with cream cheese, dressed in our rain gear and headed out for another day of our amazing journey. We reached the top of Little Bigelow Mountain just in time for lunch. It managed to clear up a little just so that we could see an amazing view below us. We kept moving at a good pace, so we decided to take a break

in the sun!! Our counselors gave us a surprising reward of rainbow cookies to recharge and continue. We actually ran into quite a few through-hikers which was surprising and interesting. After a long day, we finally reached the campsite and had pasta with tomato sauce. We were unable to light a fire, so we ate dissected Smokes without them being roasted. They were still very good and we slept soundly!

Lindy Perry

Day 4: Today we woke up to the sunshine and whistling wind. We had cereal for breakfast and headed out around 11 and reached the trail around 11:30. We had to climb up big boulders until we reached the break of Bigelow Mountain. All the view points we stopped at for break had gorgeous views. Once we reached the peak we had lunch and we were in the clouds and it was very cool but very chilly. We had to put on many layers. Then we hiked down about half a mile and we reached our campsite at 4:30 and set up our tents. We made mac 'n cheese for dinner and had S'mores for dessert, then went straight to bed around 9:30ish.

Caroline Hill

Day 5: Today we woke up at 7:15 to the glorious sun! We gathered all of our gear together, and then had a hearty breakfast of oatmeal. We then climbed to the west peak of Bigelow and relaxed up there and absorbed some vitamin D. While up there, we played Mafia, braided hair, and made Nutella mustaches, and ate a lunch of pitas with pepperoni and cheese. We then hiked to our campsite and quickly set up tents. We set them up just in time because it began to pour. Dinner was rice pilaf.

Molly D.

Day 6: Today was our last day of hiking! It was a little rainy but it

stopped later. We woke up at 4:30 am and packed up quickly, had a short breakfast, and got hiking as quickly as possible. It was all downhill, but that was still difficult. We met Henry Kennedy a bit over halfway to the bus. He told us that we were having Panera bread for sandwiches and we started power walking down the mountain. As a surprise we got to go into Mr. Kennedy's house! Lunch was excellent with fresh veggies and fruit. We also had potato chips and pretzels which we didn't get on the trail, so that was nice. The best part (aside from running water/plumbing) was that because Lizzy had her 20th birthday today, we got homemade cake. It was yellow cake with chocolate frosting. In addition, we were given some ice cream which complemented the cake very nicely.

After using a flushing toilet once more, we packed up the bus and headed for Bremen. Soon after we arrived, Jodi and Carolyn showed up with our resupply stuff and our kayaks. We unpacked our backpacks (YES!), and packed the kayaks, and got out on the water. As soon as we left, it started to drizzle of course, although it did let up a little once or twice. We got to our campsite on the end of Hog Island only to find that a group of boys were already there. So, we had to paddle all the way back to the other end (whence we had just come) and pull up on a small beach. We unloaded the kayaks and set up our tents and changed into dry clothes in one of the buildings Wavus and Kieve have for rent. Lizzy called Sara to see if we were allowed to be in there and how Mads was doing, she hurt her knee while hiking and unable do the sea kayaking.

Sara said we could make a fire in the building (the Fish House) and even



sleep in it. Everyone was very happy about that because it had started to pour.

Dinner was chicken and cheese and veggies on tortillas. Then we cleaned up and set our sleeping bags and pads up around the fire. We were dry and warm and overall it was a good day!

Lauren B.

Day 7: Today we woke up around 7:30 after sleeping in the Fish House on Hog Island with a warm fire. Just as we woke up, Suse came from Bremen with our new counselor, Hildy. Hildy replaced Mads because she hurt her knee badly back on the last day of the backpacking trip. We had a delicious breakfast of granola and yogurt. Afterwards, we started packing up the tents and food, but all of us started to get cold and it became harder to strap/tie stuff down to the kayaks. As we were so cold we went back inside and played "boom boom chang" to warm up before heading out. We began paddling off Hog Island against a small wind with a bit of rain. We all definitely enjoyed the beautiful view.

When we got to the campsite we could not believe that it had been 3 hours since we had started, it had felt like half an hour! We set up our tents quickly while there was a patch of blue sky. It took us a while to unload everything, but once we had finished, we had a lovely lunch of cold cuts, cheese and pitas with carrots and dried fruit on the side. Afterwards, we had 2 and a half hours of rest hour in our tents. Next, we had a delicious dinner of pasta with pesto on the rocks with the sunset and we shared highs and lows. Love ya, Babes,

*Kiss Kiss*Char Char 101

Day 8: We awoke this morning to the sunshine! Next, we had a delicious

breakfast of English muffins with Nutella, peanut butter, jam and honey. Once we were filled up we loaded up our kayaks and set off. After kayaking for a while, we took a break on a small island. For lunch we had pitas with turkey, ham and cheese. Once again we set off, this time to Friendship Harbor. At Friendship Harbor we went on land and ate our chocolaty granola bars. Two fishermen named Gordon and Russell kindly offered to get us ice cream. We accepted and consumed chocolate, strawberry and peanut butter twist ice cream. We played Mafia while eating it. Afterwards, we paddled we paddled for the last time to Ames Island. We set up camp and had dinner and dessert by a fire. We also lit sparklers for a late 4th of July celebration.

Kirsten

Day 9: Today we woke up to the second day of sunshine. The sky was cloudless as we cooked scrambled pancakes for breakfast; of course we had corn pops as a backup. We hung out on the beach at Ames and as the tide came in, we jumped off of rocks into the water (freezing, of course). Then after some down time in the sun, we packed up the kayaks at around 1 pm. By 2:30 we landed at Hungry Island and had a quick lunch of peanut butter and jelly and Nutella on pitas. Next was some downtime on Hungry. Some of us paddled around, some of us swam and some just chilled out in the sun. After a driftwood fire and a tortellini dinner, we settled down in our tents. It was a good day.

Lauren S.

Day 10: We woke up early this morning, had a quick breakfast of pop tarts, and then started our final sea paddle to Bremen. Upon arriving, we quickly dragged our kayaks out of the water and loaded them on the trailer.

Then we headed to the Fish Ladder Dam; at the fish ladder we ate a speedy lunch of PB, Nutella and English muffins and graham crackers. We set off for a paddle to the rope swing. We all had a great time on the swing but eventually we had to continue our paddle. But we decided to do things a little differently. Lizzy had the idea to take advantage of the strong gusts of wind by building a make-shift sail out of our rain tarp. We sailed happily the rest of the way to our campsite. At the campsite we built a fire, ate scrambled brownies, sunbathed, and played an awesome game of fuzzy cheesecake!! It was another great day on our trip.

Molly Wood (Dubs)

Day 11: We woke up at 6:30 am, packed up our things before having a breakfast of yogurt and granola. We then packed up our kayaks and headed out to paddle back to camp! Along the way we played sponge tag and had a mini water fight. We got to the point at about 9:15 and planned the last details of our entrance. We pulled up our kayaks at the causeway and went to the Owl's Nest to get war paint while Hildy and Irina got backpacks. We hid and waited for Suse's signal. She told us she would stretch and then open by asking everyone to listen to the sounds of Wavus. On her cue we ran into chapel, blowing whistles and chanting "Osage!" After our entrance we headed to Jewell to have wild donuts before unpacking and cleaning our gear. We cleaned our kayaks, sprayed down our dry bags, backpacks, hiking boots, lifejackets, and skirts. Then we set up tents and washed dishes, then had lunch and headed to ROUND TOP! It was the perfect ending to our amazing trip.

Andrea

Beach Day

We drove to Popham Beach and set up our towels on the south side of the beach. While some began lathering on sun block, others took a walk up the beach. Being low-tide, it was easy to wade out into the ocean to the requested depth, being waist height. The water was a bit chilly, but the girls found a way to inspire all to enter the water.

Holding hands in a line, they counted to not one, not three, but four, being the magic number, and proceeded to run into the ocean. Once the water came up to their running knees, it caused them to fly head first into the ocean, so everyone became fully submerged. The sky was slightly overcast, but any sun was a miracle and we soaked up all the rays we could absorb. Lunch on the beach consisted of homemade sandwiches, sand, and sugary sweets. Mads had struck a deal with Molly D the previous day. If she refrained from talking about anything chocolate, sugary, or sweet, she would be allowed some in 24 hours. Although it was a difficult task for Molly "Chocoholic" Driscoll, she won the bet and was duefully rewarded (as were her cabinmates) with sweets. The myriad of sunrays and glimpses of seals made this beach day well worth it. We all had much fun whether it was running into the water, reading a book or a magazine, playing cards, or having conversations!



Allagash "Cabin by the Water" Cabin

HBC: Kelly Orr

JC: Liza Cress

Primer

Day One

Today our cabin set off on a mini voyage in Damariscotta Lake. We paddled off with our boundary bags for a taste of the long Allagash River journey ahead.

One of our cabinmates Emily has relatives who kindly let us stay on their property and camp out. The paddle there only took about an hour. It was sunny out, and we packed stir fry for dinner...but forgot the chicken. Dinner was quite time consuming but we stuck it out. We also were able to walk to J-Scoop and get ice cream which made it all the better.

This was a pretty short and nice trip. I hope we can expect the rest of our voyage to be as good.

Day Two

This is our second day of the primer. During the morning we packed and took down our tents. We paddled back just in time to practice T-rescues by the sailing dock and still have lunch with the rest of the camp. We are more excited now more excited than ever to get to the Allagash Water Way.

The Allagash

Day One

We woke up at 4:45 am for some of us to take super fast showers and a little extra time to pack. We left the cabin around 5:00 am to go to the Jewell and pack the van. We had muffins and cereal for breakfast. Just as we finished, Sam Kaplan came to pick us up. We were in the van and on the move at 5:57 am. We stopped at Indian Hill

for a bathroom break and arrived at Hannibal's Crossing at about 12:30 pm. Our lunch was PB&J on tortillas. We unloaded the gear and packed up the canoes and got into the water. We paddled about 2.5 hours and arrived at Big Island South. We quickly unloaded gear and pitched tents just before the rain began. We had rice and veggies for dinner and enjoyed some games and chatting with everyone and then headed to bed.

Day Two

We woke up by 5:00 am and left camp by 6:30 am. We paddled until 9:30 am and got fudge and root beer at "The Store." After our brief stop we crossed the lake to Gero Island with a little struggle with head winds. We then paddled to the beginning of Umbazookus Lake Stream. In about a mile we found a nice place on the shore to have lunch at about 1:00 pm. After lunch we got back on the water and paddled to a bridge and entered a winding stream. Unfortunately the dam we were supposed to portage was open so we had to travel upstream. After conquering this feat, the cabin was really excited to attempt Mud Pond Portage and we began at 3:15 pm. We divided personal gear, group gear and canoes and started the trek. Our first trip took about an hour and fifteen minutes with gear. Walking back took about 45 minutes without any gear. After an extremely strenuous few hours we all met at the end of the trail around 8:00 pm with everything but two canoes, had dinner and fell immediately to sleep.

Day Three

The day after Mud Pond we slept until 7:00 am. We then packed our bags and ate a quick breakfast of granola bars. The half of the group went

with Kelly to get the last two canoes and portage them across Mud Pond Portage. The other half of the group stayed with Eliza, loaded the canoes with all the group gear and most of the bags. They then paddled to Gravel Beach and cooked pizza for the entire group for lunch. Once Lunch was eaten and cleaned up we pushed off and set out for Thoroughfare Campsite which was about 4 miles away. The lake was like glass so the paddling was very easy and very quick. Thoroughfare was a beautiful campsite with a really nice beach and grassy campsite. Zeeza and Cullen put up an amazing tarp for that day and the following one, our rest day. We were able to eat dinner on the beach and then went to bed.

Day Four

We were able to sleep in! Because it was our rest day, we had a really nice breakfast and took our time making oatmeal. After eating we went to the beach and did some yoga, mainly sun salutations. Others read and some slept. Daly, Drew and Cullen went with Kelly to the bridge to get our resupply food. When they returned we had a great lunch of hummus, pepperoni and cheese sandwiches. The rest of the afternoon was spent swimming and relaxing. It started to rain later in the day so everyone sat under the tarp and talked for hours. When the rain eventually stopped we made dinner which was Fajitas. Plenty full we went to bed excited for the next day.

Day Five

Today we woke up at 4:30 am and left Thoroughfare by 5:00 am. We had to cross a small portion of Chamberlain Lake and it was extremely difficult because of wind. Once on the right side of the lake, the head winds continued to be brutal. We only made it about 3

miles when Catie and Drew flipped. Fortunately they were able to swim their boat to the shore and change quickly and safely into dry clothes. We were also able to have some fresh berries while we got their boat repacked. After getting back on the lake and only traveling a small distance, we pulled up around 9:30 am at Nugents Camps, owned by Rob and Stella who were gracious enough to let us use one of their cabins to sleep and dry our clothes by a wood burning stove. Ultimately we had no choice but to stay the night in our tents on their property because the weather continued to get worse throughout the course of the day until almost 7:30 pm after we had had dinner prepared by Kelly and Eliza in a real kitchen. We had rice and stir fry on our crazy creeks outside under the setting sun. Still exhausted and knowing we had a long day ahead of us we went to bed very early, with our destination set for Lock Dam the next day.

Day Six

We woke up at Nugents Camps at 4:30 am and were on the water by 5:00 am. After paddling for a short time, the previously cloudy skies began to clear making the calm water on the lake even more enjoyable. We paddled about 4 miles on Chamberlain Lake in about 2.5 hours arriving at Lock Dam by 7:30 am where we stopped to have granola and yogurt and portage the canoes once again. After getting all the canoes back in the water, we paddled on a stream which leads into Eagle Lake. After a few minutes we saw our first moose in a marsh on the shore of the lake. We passed Pillsbury Island soon after and saw another moose much closer than the one we had seen before. We later approached the campsite Pump Handle



and decided to stop and have lunch. We ate cheese, hummus and tuna on pitas. Before we got back on the water, we covered ourselves in sunscreen and embraced the sun. We paddled to St. John's Bridge and then continued to Scofield Point where we had hoped to stay the night. Unfortunately, there were already people staying there so we had to continue to High Bank which was also filled with another group of people. So we continued paddling another whole hour to High Bank also filled with people until we discovered Jaws was where we would ultimately be able to crash for the night. We made friends with Canadians that were at the campsite next door and were able to go swimming after our thirteen mile day of paddling. As it turns out we certainly made up for lost time! We had bacon and pizza for dinner and even popped popcorn for dessert. Then we slept like babies.

Day Seven

Today we got to sleep in until 6:30 am because we were only about 15 minutes away from Churchill Dam where we would portage our gear and take on Chase Rapids. It was a long cold wait for the rangers to finally move our stuff once we arrived. We played tag and eagle eye to keep warm as we waited. We were also able to go and look around in a museum that they had on site of old things from all over the Allagash Water Way. There were four sets of serious rapids that we would have to get through in very high and fast moving water. Unfortunately, it was not a very warm or dry day and this situation was not helped by the fact that we had three out of our five boats flip. Sadly the trip to where our gear was brought was only supposed to take an hour and a half, but ended up taking

close to two and a half hours. After arriving at our gear at the bottom of the rapids we got everyone changed and dry as well as having the opportunity to have lunch. On this break we also got to talk with and befriend a Chewonki group that was extremely kind and shared with us some of their chocolates. Eventually we got back on the water with our gear all loaded in canoes and we paddled another 3 miles to The Ledges through some head winds on the lake where some fishermen were nice enough to let us camp with them as well as help us with a fire. We had a really tasty dinner of tortellini and even got to have scrambled brownies for dessert.

Day Eight

We left Ledges around 7:00 am. We then paddled the rest of Umsaskis Lake into Long Lake. We stopped at Jalbert for breakfast and then continued on Long Lake. After completing the length of Long Lake, we pulled off to the right for a very quick portage around a dam. Then we continued on down a stretch of river until we hit Round Pond. We stopped and ate lunch at Back Channel. After lunch we paddled across Round Pond and talked to a Ranger who told us to stay at Round Pond Rips. Once we got to the rips, we swam around and ate dinner. After dinner we sang and another Chewonki group heard us across the lake and responded in song. We also saw the sunset for the first time. It was really good day!

Day Nine

We woke up and left Round Pond Rips campground at about 6 am. We paddled through mostly fast moving water until around 11 am when we stopped at the head of the Allagash Falls portage trail. We chose to portage the first trail because even though

it was a longer portage, the second would have required lots of strong paddling to get off before the falls. We met several other groups at the trail, some of whom had never done Mud Pond, and we were relieved by the advantage we had having already done a long portage. The trail was short (about 1/3 mile) and well-maintained so we completed the portage quickly. After we carried the gear, we decided to jump off the rocks by the falls. We had lots of fun jumping and swimming in the rapids. Once done, we paddled the short distance to Big Brook South campsite. We had lunch and settled in for our rest day.

Day Ten

We spent our second rest day at Big Brook South. We woke up late and ate hash browns for breakfast. Zeeza, Lindsay, and Cullen then collected firewood for that night's fire. We then went swimming and read on the beach until lunch which was grilled cheese with avocado and bacon (yummmm!). We swam and read and played cards, ate a dinner of minestrone soup and s'mores cooked over a brilliant fire. We also made henna tattoos reading "WA" for Wavus Allagash!

Day Eleven

Being well-rested after our rest day, we left Big Brook South at around 7 am excited for a day full of fast moving water. We paddled leisurely for the first couple hours and then hit Eliza Hole rapids which were very simple to our surprise. After Eliza Hole we followed a quick set of rapids out of the Allagash Wilderness Waterway. We all said good bye to the waterway and kept paddling. Just past the end of the waterway, Lily and Lindsay got stuck in a rapid and flipped. We all joked that there was no need to worry

because they didn't technically flip on the Allagash Wilderness Waterway. We arrived at Kelly's Landing where we saw a group from Chewonki who raved about milkshakes at the diner there. We ran up to get some for ourselves but sadly there was no more ice cream! We decided to press on the famed general store in Allagash Village for treats. When we arrived, we were given a \$5 budget and binged on snack food immediately. Quite to Drew's surprise, the one food she was craving - frosting - was available! After our feast and a short chat with Mrs. McBriarty (whose land we were possibly going to stay on), we decided to continue on to our final destination a day early, Pelletier's Campground.

We ate one more lunch of pepperoni, hummus, and cheese and then pushed off for the last canoeing section of our trip. We sailed and drifted down most of the St. John River arriving at Pelletier's around 3 pm. We dined on Dank (macaroni and cheese) and scrambled brownies around a beautiful fire. It was a bittersweet nice as we moved closer to civilization and leaving!

Day Twelve

After sleeping in until 9:30 am, we went down to the river for a morning swim. Then we all lay out in the sun to dry off. At 10:30 we decided we probably should start cleaning our campsite up. Lindsay, Drew, Cullen, Zeeza and Dora started making bacon and boiling water for hot chocolate while Ellie, Daly, Catie, Emily and Lily cleaned up tents and personal gear. It rained for a few minutes and then cleared up so we could eat our food out on the picnic table. After breakfast we packed all of our things and put them by the canoes so we would be ready when the directors showed up. We sat

in the campsite and waited. We were talking about horror movies when all of sudden we heard screaming...we all jumped and then saw Malory and Katie Stone running down the hill. We all got up and hugged them. They brought us mail and salad and fresh fruit. After catching up for a while we got in the van and headed off towards the Penobscot River. After about 4 hours in the van we finally got to the camp ground.

We set up our tents and all pitched in to help with dinner. We cooked rice and beans, guacamole and peppers, and onions for quesadillas. After we ate we had a huge surprise for dessert from Kelly and Eliza...Oreos with peanut butter!!

After we cleaned up from dinner, we went to hang out with the Long Voyage boys who were camping at the same campground and going rafting with us the next day. We were PUMPED to go rafting! We hung out for a while then returned to our campsite so we could get a good night's rest before our rafting adventure.

Day Thirteen

Today we woke up at 6:00 am to collect our belongings and take down our tents for the last time☺. Quickly, we made our way to the lodge at the campsite where we met our raft guides for a brief safety lesson and chat about the day's itinerary. Then we got our paddles and life jackets and were ready to go! We spent the morning on Class IV and V rapids...the Xterminator, Cribworks, and Falls were all highlights. The counselors seemed to have trouble following the raft guides' instructions at some points but we campers held our own the whole day! The girls' boat only flipped once and raft guide Zach had us all back

in the boat in a matter of seconds. We even spent part of the afternoon on a rockslide, going down in only our life jacket which was a blast – I think Lindsay did the slide SIX TIMES. Gash Girls are nothing if not hardcore!

Rafting was a blast and we will all remember it forever!

Beach Day

We left for Popham Beach after breakfast and rocked out in the van ride all the way there. The day was a gray one (surprise, surprise) but we were all happy to spend time with each other relaxing for a few hours. We gorged ourselves on peanut butter, jelly, and nutella and polished off an enormous bag of GORP (or at least the part that the seagulls didn't get to first...). Lily was the only one brave enough to go swimming, but we did walk about the island that is only accessible during low tide. It was awesome! We talked and reflected on how awesome our trip had been, and enjoyed gazing out at the ocean which we had missed during our weeks on the Allagash. The day ended with a spontaneous dance party on the beach just before it began to rain. Fortunately, sunny skies are not needed to enjoy ice cream, so we hit J-Scoop on our way back, the perfect treat to finish off our day.



Iroquois 'Community' Cabin

HBC: MaryAnna Lynch

JC: Cam Powel

JC Support: Alex Danz

100 Mile Wilderness

Day 1: June 30, 2009

We started our trip when "The One" picked us up from Wavus. We got dropped off on the side on Highway 15 in Monson and started the trip. It was a beautiful sunny day and everyone was excited. We crossed a river and everyone created a chain to cross it successfully and we did it! On the hike, we sang songs, told stories and looked for moose poop. When we were close to the campsite we met people and found out they are also hiking to Katahdin. Zoe and Julia made a delicious meal of cheeseburgers to end the day. We hiked three miles today. -Julia Malloy

Day 2: July 1, 2009

This morning we all woke up from our lovely sleep in the lean-to at 5 am! Though we woke up early and took a while to get our things together, we picked up the pace once we were on the trail. Before we knew it, we had made it to Little Wilson Falls. The fast pace of our hike came to an abrupt stop when we realized we had to cross large rapids, or go across a tree that had fallen across the river. After debating and eating lunch, we decided that neither option was safe so we decided to hike around the river on a logging road. Later in the afternoon, we arrived at Big Wilson Falls, where we had to ford a river. Everyone did a great job holding on to the rope and slowly moving through the rapids. We eventually got to the campsite and Anna and Ellie made fajitas which were delicious! Then we had scrambled brownies for dessert. We are all going

to bed early tonight after a long day of hiking.

-Poppy Doolan

Day 3: July 2, 2009

The day started with cream cheese and either plain or cinnamon bagels. We then started an uphill excursion through a few small streams. We eventually came to two bigger streams which we crossed quickly and with ease because we had mastered rivers of this kind yesterday. After a little downhill and some flat parts, we came to a logging road. This led us to Slugundy Falls, a very hard river to cross. Two people lost flip-flops and one water bottle. We successfully made it across the river. We stopped quickly at Long Pond for hummus and pita. Afterwards we continued a very steep uphill climb across boulders and roots. We finally reached the top with a cool old fire tower and what would have been a good view if it wasn't foggy. After we took pictures we continued downhill to the campsite. Today our site was off the trail about .4 miles but we hiked around a cool pond. Grace, Poppy, and Charlotte made us pasta with basil pesto. We had Oreos for dessert.

-Anna Feiss

Day 4: July 3, 2009

Once again it was an early awakening on the AT. After a stormy and wet night, a warm bowl of delicious oatmeal was perfect. We started down the mountain from our campsite and quickly came upon a steep hill to get up Fourth Mountain. Once we got down the mountain, there was a little confusion, but with the help of Mary Anna and Cam we were able to locate ourselves on Third Mountain. For our final summit of the day, we hiked Columbus Mountain. Like the previous mountains it was a steep uphill and steep downhill. We were hoping for a

nice view but there was too much fog and mist. After a long day of hiking we arrived at our campsite, Chairback Gap. To our disappointment, there were few dry, flat tent spaces available. Luckily we found our spots before another group of ten people and more through hikers came in. We hung out in the damp lean-to before supper and had "one minute medicals." For dinner we made some delicious tomato soup and for dessert we were given hot chocolate and candy bars. It was a nice treat after a long, wet day of hiking.

-Ellie Weickert

Day 5: July 4, 2009

Finally a much-needed rest day had arrived! We all slept in really late which was really nice. Unfortunately it was rainy and cold outside. To try and warm up we all got into the lean-to at our campsite to talk, read, and write letters to our friends and family. We also practiced singing the National Anthem because it is the Fourth of July! For breakfast Cam and Mary Anna made us M&M pancakes and as soon as we finished making breakfast, we started boiling the water for our mac and cheese lunch. We definitely had full bellies. Since it was our rest day, we continued to sleep and hang out. We also told some through hikers about Wavus. Their trail names were Tree Hugger and Kim. Cam and Mary Anna wrote mid-session letters. The rain and clouds finally cleared out and we even had a sunny late afternoon. It gave us a good opportunity to air out and dry out clothes and gear. Dinner consisted of cheese and pepperoni pizza.

It was delicious and we were all stuffed. We had S'mores for dessert. Overall it was a relaxing day filled with food.

-Ellie Weickert



Day 6: July 5, 2009

Today we hiked from Chairback Gap lean-to. We went over two small mountains. The day was beautiful and a little windy. We hiked double time until we reached the road where we were getting re-supplied. There we met Sara Taylor and, to our surprise, Alex! They brought all of our stuff and more. Sadly, Julia Malloy left us to go back to camp due to some bad blisters. She will re-join us to hike Katahdin. After the re-supply, we set off on a long walk, along the Gulf Hags brook. We reached the Carl A. Newhall campsite early and decided to push on 1.6 miles to Tappan Campsite. There we met a group from Chewonki and the Maine Conservation Corps and got to use toilet paper. It was a great campsite. Over all we booked it bit further than we had planned, with good results.

-Grace Muller

Day 7: July 6, 2009

After a late start, A.K.A. 5:30 am, and a quick breakfast of yogurt and granola we hit the trail at about 7:30 AM. Our first mountain, West Peak, was very difficult. Although we didn't have the best views, the feeling on top of West Peak was irreplaceable. Our next mountain, Hay Mountain, was also challenging although the time passed quickly because of our group's lively and infectious fun behavior. Our last uphill push of the day was to the summit of White Cap Mountain. Although it was a steep climb, the views were the best we have had yet. From the summit, we could see a gorgeous view of Katahdin and many lakes. From there the rest of the day was all downhill. About 10 minutes from the summit, we saw a man in need of assistance. His dog had bitten a porcupine and had prickles in his mouth. Our wonderful

counselors helped him out by helping him get a ride from a nearby logging road. His dog was so cute! We then continued down the trail to Logan Brook lean-to where we took a break. After passing a logging road we entered the very quiet "Elephants Graveyard." We woke up all the small animals with our loud, rambunctious trekking. We finally made it to East Branch lean-to. Following a quick dip with biodegradable soap, Poppy and Charlotte made our dinner of chicken and couscous. It was a great day ending with some hot chocolate.

-Grace Muller

Day 8: July 7, 2009

This morning we had bagels with cream cheese and said goodbye to Boppy and Catherine. Boppy and Catherine were our new friends from East Branch lean-to. We had a very flat and easy day. We stopped for salami and cheese sandwiches at Kokadjo Road and continued on to Cooper Brook lean-to. Some of us had brownie batter as an afternoon snack. Dinner was supposed to be meatball subs, but we smushed the bread so we ended up having cheesy meatballs. We all headed off for an early night's sleep after listening to Manna and Cammy sing "Mulan" for us. -Zoe Atchinson

Day 9: July 8, 2009

The closer we get to Katahdin, the faster and faster we move. From here to Katahdin, the terrain is mostly flat. We are all very excited for the highlights coming up including Abol Bridge, which ends the "100 mile wilderness." We will run into a small store to buy groceries for our next couple of days! As excited as we all are to get to Katahdin, we are all having a great time and I'm sure none of us will ever forget this trip. Today was an especially fun

day. We were greatly rewarded and surprised this morning when we got to sleep in. We also started off the day with a yummy breakfast of Nutella and English muffins. Yum! Even though our day was 11 miles, it wasn't one of our harder days because it was so flat. I think we also all felt much better after getting to sleep in this morning. For lunch we stopped at Antlers, where our friends, Space Odyssey, were having their rest day. We had tons of beef jerky for lunch and granola bars. When we got to our campsite for the night, Potawadjo, we were excited to see the biggest spring on the Appalachian Trail, 15 feet in diameter! After pesto pasta for dinner, we talked for awhile then went to sleep! -Poppy Doolan

Day 10: July 9, 2009

Anna led the Iroquois girls on their 10th day of hiking. The day was long and flat but luckily we made pretty good time. After crossing a few rivers, via an occasional bridge, we reached our third and biggest road of the day. We all were tired and sat down for lunch of PB&J on whole wheat bread. After soaking up the sun for a bit, we were off and hiking again. Shortly after starting back up again, we came to a road, marking the completion of map 2 of 3. We took a brief break on a beach overlooking Nahmakanta Lake. 2.5 miles later we arrived at Wadleigh Stream lean-to, tired but still smiling! After pitching tents and getting ourselves organized, Poppy, Grace, and Charlotte began preparing mac & cheese. Everyone else collected sticks and birch bark to make a fire because we all wanted to make s'mores.

-Anna Feiss

Day 11: July 10, 2009

Today, we got off to a pretty good start, despite a super talkative through-



hiker whom we spent the night with last night. Although Grace accidentally started leading us down the path to the privy, our first part of the hike went very well. We successfully climbed Nesuntabunt Mountain with no injuries or tears. The views of Katahdin were ah-mazing! We all took a zillion pictures! Continuing on, it was a pretty easy day with somewhat challenging terrain. Even though our blisters were pretty bad we fought through. Between our blisters and the mud it was so rewarding to get to our campsite. After we settled in, we headed down to Rainbow Lake to swim and bathe with biodegradable soap. Grace got a leach. It was nasty. Dinner was pizza and scrambled brownies. Yum! Overall, a great day!

-Grace Muller

Day 12: July 11, 2009

We woke up this morning at an early hour and quickly packed up our stuff, took care of our blisters, and ate granola bars for breakfast. The cabin got off to a speedy start, led by Ellie as the leader! Everybody in the cabin felt good so we moved at a rapid pace and before we knew it, we had reached the top of Rainbow Ledges. Not only were there fantastic views of what we had already climbed but there was also a great view of our last mountain to conquer, Katahdin. We continued our hike down and ate lunch at Hurd Brook lean-to. Today we had pepperoni and cheese...delicious! Unlike yesterday, most of our blisters didn't hurt so we arrived at Abol Bridge very quickly! We were all so excited because it meant we had finished the "100 Mile Wilderness!" We went to the campground to set up our stuff then headed back to the store. We were all expecting a larger store but there was enough for us to buy food

for the remainder of the trip and we each got to pick out a snack. After our snack, we went back to our campsite and rested our feet and hung out! A few hours later we went back to the store to buy dinner. We each had a microwavable dinner and ate chips and salsa. For dessert we had chocolate chip cookies and after a long day, we went to bed.

-Ellie Weikert

Day 13: July 12, 2009

Today we woke up at 6:15 and got our stuff together. Some of us were confused from the night before when some other campers next door to our campsite had taken a chainsaw to a tree nearby. We got pop-tarts for breakfast and took care of our blisters. We set off on a long, flat terrain along a stream. When we got to Big Niagara Falls, we had a nice rest on the cliffs by the falls. A little while later we ate a delicious lunch of Nutella, bread, and beef jerky at Little Niagara Falls. From then on, the trail sped by as we passed 2 beautiful lakes. It was a beautiful day with blue skies. We stopped at Katahdin Stream Campsite and got a ride from a nice park ranger to our final campsite of Abol Pines. We took a refreshing swim at a nearby lake. For dinner we had pasta. -Charlotte Blake

Day 14: July 13, 2009

On day 14, we had our service project for the Katahdin Stream Ranger site. We woke up late and, thinking we would go straight to the do the project, we ate a quick breakfast of oatmeal. However, the project was delayed so instead we spent the morning listening to Cam read from the book "Just Listen" by Sarah Dessen in the sun or learned skills for our Wavus "W's". When the time came for our project, the ranger, Charity, drove us to Katahdin Stream Campsite. Once there, we

joined other rangers in painting picnic tables. However, after we had been working for about a half an hour, the rain struck and we had to rush inside. Unfortunately some of the work we had done washed away. Afterward, we went back to our campsite and waited for Sara Taylor, Alex, and Katie Stone to arrive. They brought us a delicious dinner of vegetables, cold cuts, and wraps. We also got our letters and packages that we had received while we were on the trail. Then we went to sleep, all excited for tomorrow!

-Charlotte Blake

Day 15: July 14, 2009

We woke up at 3:45 am, got our daypacks together, and cleaned up our campsite. We had oatmeal for breakfast and were on the trail by 5 am, ready to hike up Katahdin! We started our hike very excited and stayed that way the whole way up, despite somewhat challenging weather conditions of thick fog and cold, strong winds. We worked together to make our way over the boulders and ran into a group from Kieve. Once we reached the top, Baxter Peak, everyone was so excited! We took pictures with the signs and had lunch and could see all around us every time the weather cleared. We headed down Hunt Trail, making sure to be careful on the steep downhill slope. We got

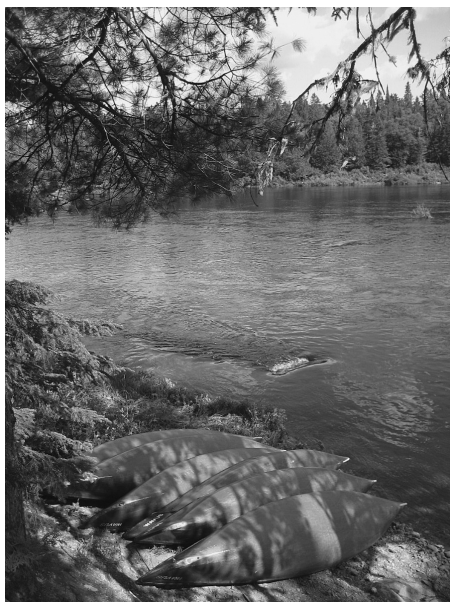


yet another ride back to Abol Pines Campsite 5 hours later, tired but happy and satisfied. We packed up and got ready to go. We listened to Taylor Swift the whole ride back and stopped for dinner at Pizza Hut. -Charlotte Blake

Iroquois Beach Day

July 16th, 2009

Today for beach day, the ladies of Iroquois set off for an adventure. In the morning we had to take care of our stinky clothes from our trip, however we were rewarded later in the day with a great afternoon. We had delicious leftover pizza for lunch. Because of the overcast day, we decided to go to Bremen and explore the ocean front. We snacked on the rocks and watched the Snowgoose full of campers come in from a day out on the ocean. On the way back to camp, of course we went to Round Top to get ice cream. The girls enjoyed their favorite flavor on the back porch while we laughed and reminisced about our past three weeks together.



Trip Logs - Session 2

Junior Wavus Courage Cabin

HBC: Nancy Brown
HBC: Melissa Haynes
JC: Lauren Geddes



Hog Island

Day 5 of camp, we woke up at 7.30, packed our bags and jumped in the van, grabbing a quick breakfast of Pop tarts. We had a 20 minute drive to Bremen ahead of us. On arrival we were greeted by Captain Bill who was going to boat us over to Hog Island. As soon as we stepped off the boat, Courage showed great team work as they jumped straight into finding a campsite and putting up the tents. After doing this, the girls played group games and went swimming in the ocean. After lunch, we went on a short hike to the beach where we looked in tide pools and found many different interesting objects and animals such as shells and crabs. Once back at the campsite, we read and played group games until dinner was ready. Once everyone had finished their mac and cheese, two teams were chosen to wash the dirty pans and bowls, this again showed team work and determination. When the two teams got back, we made S'mores, brushed our teeth and went to bed.

The next morning we woke up at 8.30 and promptly packed away our tents and had toasted bagels for breakfast. Captain Bill picked us up and took us on his boat 'The Snowgoose' and took us fishing and lobster potting which the girls enjoyed very much. We then stopped for lunch and some of the girls jumped off the top of the Snowgoose into the ocean. After lunch we boated back to Bremen where we then drove to Round Top for ice cream, and then back to Wavus in time for dinner!



Junior Wavus Kindness Cabin

HBC: Abby King & Blair Kennedy

JC: Emma Murphy

8/3/09 Hog Island:

After enjoying a delicious camp breakfast of fresh fruit, cereal and eggs, we headed off to Bremen to await our ride to Hog Island. It was a picture perfect Maine summer day and all of the girls were very excited. With our life jackets on and sunscreen in hand we boarded the Snowgoose lobster boat and set sail to Hog Island, which would be our makeshift home for the night. Upon arrival we unpacked our gear, set up camp and enjoyed some free time for a while. As a result of the warm weather, the girls enjoyed a quick dip in the cool ocean waters before enjoying a lunch of peanut butter and jelly sandwiches and trail mix. After lunch we had rest-hour during which the girls read their books and played cards in the shade. Then we filled up our water bottles, applied sunscreen and went for a long walk around the island where we stopped for a while at some tidal pools. At the tide pools the girls enjoyed playing in the mud, climbing on the rocks and searching for crabs and seashells. We came back to our camp to find Henry Kennedy and the "Puffin-man" Pete Samuelson. While the counselors prepared dinner,



Pete gave the girls a lesson about the island and the importance of respecting our natural environment. After the talk, we all enjoyed "Dank" (macaroni and cheese), a Wavus tripping favorite. After dinner we split the girls into two teams to clean the dinner dishes with Gracie Zaro and Hillary Umphrey as the team captains. Both teams did a wonderful job and were rewarded with S'mores. After our bellies were full, we read a chapter of our cabin book "The Secret of Platform 13" and then went off to bed. We awoke to the sounds of lobster fishermen surrounding the island and after a quick breakfast of bagels and cream cheese we met the Snowgoose at the dock and headed to drop our gear off at Bremen before heading out to sea.

8/4/09 Snowgoose

After dropping our gear at Bremen we boarded the Snowgoose again for a fun day on the ocean. While we all enjoyed the salty sea air, the girls crowded around the edge of the boat while we stopped off and checked some lobster traps to see if anything had been caught. After pulling up a few empty traps, we finally found one jammed packed with not only lobster but crabs too! This was very exciting and got everyone in the mood to fish, so our next stop was to a locally known spot rumored to have lots of fish. The girls each took turns reeling in the fishing poles and catching lots of fish as they went. By this time, everyone was really hungry so we pulled up to a quiet bay and dropped anchor. The girls enjoyed sandwiches and cookies and then we got to go for a swim! Despite the cold-water temperatures, the girls loved jumping off the top of the boat and Hillary Umphrey even broke the record for the longest time in the water

with her time of 51 minutes. After our lips were blue, we decided that it was time to head back to the dock. On our way back we stopped by an island and watched a family of seals sleeping and playing in the water. After unpacking our gear from the Snowgoose and saying goodbye to the ocean, we piled into our vans and headed to Round Top for some ice cream. As we enjoyed our frozen treats on the porch in the sun, it was clear that while our two day adventure was coming to an end, we all had an amazing time.



Junior Wavus Respect Cabin

HBC: Becky Ford and Katie Lincoln

We arrived at Bremen Landing at about nine on Thursday morning to catch our ride from Captain Bill to Hog Island. As soon as we got there, we unloaded all of our bags and life vests and told the girls to start setting up their tents. To our surprise, a lot of them knew how to set up tents and it didn't take more than a half hour to set up our camp site! Because it was such a beautiful day outside, we decided our first activity would be swimming in the ocean! We jumped off the docks and some of the girls were brave enough to jump off the high ledge of the railing!

After about an hour of sunbathing, swimming, and jumping, we headed back up to our campsite to have lunch. We decided on peanut butter and jelly

sandwiches as our main course and sat down on the picnic tables for about an hour eating and talking. After lunch, we decided to take the girls on what we thought would be a short hike to a nearby beach. To our surprise, that "short" hike, turned into a 3 and a half hour excursion. Although we may have detoured in the wrong direction for most of the afternoon, we had so much fun laughing and trucking through the mud. Luckily, the weather couldn't have been better--we spent a good portion of the hike traveling along the shoreline where the girls picked up shells, sea glass and stones.

After what seemed like a 20 mile journey, we finally got back to our campsite around 4. We had the girls hydrate after such a long day and then gave them (and ourselves) a rest hour until 5:15. After they napped in their



tents for a little over an hour, we walked to a close beach and splashed around in the water. We met up with another JW cabin after that for dinner and together we cooked a scrumptious meal of mac n' cheese. The girls practically licked their plates clean and after dinner our Respect cabin went to the dock to watch the sunset. We took lots of good pictures and sat and talked as the sun went down.

After the sunset, the girls collected sticks and wood for our campfire. We got out supplies to make S'mores and went inside the fish house to start our fire. The girls helped keep the fire going as we munched on the yummy dessert. We left the fish house about an hour later and decided we were going to have our own individual cabin fire where the girls could talk about their favorite moments of the session and of the trip. We laughed and talked about all the fun times we had that day and throughout the session and ended the night on a bitter-sweet note that camp was ending so soon. The girls brushed

their teeth, filled up their water bottles, and got to bed before 9 so that we would be well rested for our big day on the Snowgoose!

Captain Bill picked us up from Hog Island a little before 10 after we took down our tents, cleaned our campsite, and had breakfast. Again, the sun was shining and there wasn't a cloud in the sky! The girls got on their life vests and headed on the boat. After first catching a few lobsters, Captain Bill boated us over to a little nook outside an island where we stopped and got to go swimming and jump off the top of the boat! After swimming, we lay out on the boat and had lunch until it was time to start the trek back to Bremen Landing. We were going to go fishing on the way back but suddenly the skies darkened and a storm blew in. Captain Bill apologized and told us that it wasn't safe to be out on the water so we headed in a little early. After we got dropped off, we took the girls for ice cream and then drove back to Wavus. All in all, we had an amazing time!

Junior Wavus Responsibility Cabin

HBC: Lizzy Bates & Maxx Rice

JC: Sarah Adams

This morning we woke up a little bit early in order to get all of our gear to Jewell before flag. After flag we had a big, quick breakfast, and then loaded up the vans for our drive over to Bremen. Once we got to Bremen, we put all of our belongings onto the Snowgoose and then had a five minute boat ride over to Hog Island. We soon found the perfect campsite and got right to work setting up tents. Anna, Story, and Zara set up their tent first

and were then very helpful in assisting the rest of their cabin-mates in setting up their tents. Madeline, Louisa, and Riley worked really well together setting up their tent, too! A yummy snack was passed out after that, and then the girls got right into the water. Algonquin was visiting Hog Island that day, and our girls loved playing in ocean with them. Kayaking was a blast! Lizzy led Zara and Ellie on a small water adventure, and then the rest of the girls started playing "water taxi." After eating lunch at the other campsite, the girls decided to horses/house, and kept themselves occupied for three hours! We stayed at that

campsite until the girls decided they wanted to explore their own campsite some more. The girls were happy to find that the beach they had been playing on earlier was bigger thanks to the tide, and they played out on it until the water had almost entirely gone out of the cove. Dinner was very fun, as we shared the meal with Respect and their counselors. We made mac-and-cheese, and the girls were very good about cleaning their dishes after the meal! They even cleaned the group cooking pot without complaint. Maxine and Sarah sat with some of the girls down on the dock to watch the end of the sunset, and then we all met up again at the Fish House to build a fire and make s'mores. We read four chapters of *Matilda* that night! As we made our way back to our campsite, we told the girls that we would be able to sleep in a bit in the morning, which went over very well. Everybody snuggled into their tents, and we all had a peaceful sleep. The sleep-in, however, did not seem to faze the girls, as one tent group got up at 6:30! Another group got up at 7:30, and at 8:00 we decided that maybe we should start to clean up. Abby, Lily, Sloane, and Ellie were the first to clean up their area and take down their tent, earning them the first serving of breakfast. The rest of the girls soon followed and in no time at all we were packed and ready to go on the Snowgoose for the day. Captain Bill and Nicole helped us pack our vans up and in record time we were back on the Snowgoose, headed out into the water. The day was flying by! Story took a brief nap on the way out, and then we got to our lunch and swimming spot. Madeline jumped off the roof of the Snowgoose 50 times! The rest of the girls cheered for her, and some even

jumped in once or twice themselves. A storm rumbled in the distance, and sadly, our day on the Snowgoose was cut short. That didn't stop us from getting J-Scoop ice cream on the way back home though!



Algonquin "Unique"

HBC: Kelly Orr

JC: Sarah Komorowski



Hidden Valley Nature Center

Day 1

Today we arrived at Hidden Valley Nature Center for our first trip of the session! The weather was beautiful when we arrived, and after a quick lunch at the trail head, we made our way to the yurt. The trail was a bit buggy and our bags were heavy, but somehow we all made the hike in no time at all. We even saw some cool frogs and butterflies along the way.

The yurt is awesome! We spent a little while eating gorp on the front porch and exploring the surrounding woods - we even found some ripe blueberries to munch on. We decided to go for a hike to the pond for a swim but the mosquitoes were SO BAD we only spent a little while in the water. Everyone managed to stay in pretty good spirits though some of us had more bug bites than we could count!

After a lesson on purifying our water at the creek nearby, we hung out and cooked dinner - chicken burgers on tortillas. Camping food was new for some of us but we all tried it and had a pretty yummy dinner. The highlight was DEFINITELY scrambled brownies for dessert however. They



were delicious but after our bellies were full, we realized the brownie batter made excellent face paint as well! After a very silly and very messy evening, we made up skits to perform for each other and went to sleep.

Day 2

This morning we woke up early and had a slow and easy morning. We decided to save our breakfast food for lunch and had another round of chicken burgers for breakfast. Eating our meals out of order was new for most of us, but we loved the experience of planning our meals around what we wanted to do, and being free to do what we wanted!

We hiked back to the van and set out for more adventures before returning to camp. We had a great picnic lunch in Damariscotta Mills and checked out the alewife fish ladders there. Then, Sara and Kelly took us for a surprise expedition to the bridge where we got to jump off! Every single Algonquinator jumped multiple times and not a single one of us was afraid of jumping. We spent the whole afternoon in gorgeous sunny weather, playing at the bridge. Everyone agrees that was a trip highlight.

We thought we were going back to Wavus after that, but somehow counselor Kelly drove us to Round Top by accident! We each got to enjoy a delicious ice cream cone before finally returning to Wavus just in time for dinner. What a great trip!

Pemaquid Beach (Day Trip)

Today we left camp after breakfast for a trip to Pemaquid Beach. It was a short drive from Wavus, but the beach was awesome! It is a small sandy beach with tide pools at the far end. When we first arrived, we pretty much dropped

our stuff and headed for the tide pools to explore. After that, we spent most of the day swimming, building drip sand castles, and reading or making friendship bracelets. We also got to eat some of the (illegal) candy that our parents sent us this session :-). We had a spectacular sunny day and it was really nice to spend some quality Algonquin time together after our Junior Wavus friends left camp. We had a quick van ride back, and rocked out to our cabin CD - lots of Taylor Swift, LMNT, and,

of course, Journey! Our day ended with a trip to J-Scoop. Our counselors offered to help us finish our ice cream if we were too full, but somehow we managed on our own!



Mohawk “Creative”

HBC: Emily Jimenez

HBC: Lexi Schultz

JC: Molly Barrows

Hidden Valley- Primer Trip

We had breakfast at camp and made our lunches immediately after. We packed cold cut sandwiches, chips, cookie, GORP, and a piece of fruit.

We all filled our water bottles and dispersed the food equally among the girls for the following night and morning. We packed the tents in our bags and loaded into the car. Stuffed into the car! The ride to Hidden Valley was nice and I could tell the girls were full of energy and excitement. We got to Hidden Valley Nature Center and took the trail to the furthest camp site. The girls were hesitant at first, but were soon singing and marching along. We stopped a few paces in to rest and have our lunches and continued on. They were really proud of themselves for making it the whole way. We stopped a few times for rest and water breaks. We hiked about 1.5 miles! We got to camp and all of the girls set up their own tents in groups of four. They put all of their stuff inside the tents and zipped them up quickly to avoid all of the mosquitoes getting inside. The girls then ate some of their GORP and got into their swimsuits to take a much needed dip in the lake. They had so much fun in the water, splashing and laughing about everything. We dried off and played games until we started dinner. The girls helped me set up for dinner and enjoyed helping make a fire. We had pasta with pesto sauce and chicken sprinkled with cheese. Many of the girls came up for seconds. We ate grapes and carrots as well. The girls ran out of water and so we got to teach

them all how to Polar Pure, or purify water. They really enjoyed this.

We then had them find good marshmallow roasting sticks and had S'mores. The girls ate lots of toasty marshmallows. We cleaned up the campsite and read stories aloud before the girls fell asleep in their tents. In the morning, it was a little rainy, so we got in our rain gear and had bagels with cream cheese and peanut butter and jelly, yogurt and fruit. We then took a different trail on the way back through 'Slick Rock Trail', it was really pretty along the way. We made it back to the car and the group decided since we were a little early back, that we would have to use the extra time and go to Round Top for ice cream! Ice cream before lunch? It was a real treat! The girls loved their ice cream and we came back to camp and made sandwiches and finished up the rest of the carrots and bagels. We hung out together and talked about our trip. The girls did an amazing job.

We came back to camp and had a much needed rest hour in the cabin.

Acadia

Day 1:

Mohawk drove to Acadia, had lunch along the way and finally made it to our Seawall campsite. We set up camp, put on our hiking boots and climbed Cadillac Mountain. The view was amazing all the way up and we sat at the top with our granola bars and took it all in. We hiked back down, headed back to camp and had hamburgers or chicken patties with rice and beans for dinner. We were in bed very early because we had an early start the next day.



Day 2:

Mohawk woke up at 3 am on day two to drive up Cadillac Mountain to see the sun rise. We saw the lights from Bar Harbor as the sky started to get pink, but then the fog moved in so we couldn't see it. However, the girls had a great time sleeping on the rocks on the top, and wanted to go back the next night! We went back to camp, climbed into our tents, and fell asleep for a few hours. When we woke up we made pancakes and bacon for breakfast. We packed up our day packs and headed for Sand Beach. The day started out with a few drops of rain, but then the sun came out and the beach was great! After a while at the beach, we packed up our stuff and headed to Bass Head Light House. There was a great view of the ocean from the light house! Soon after we headed back to camp where we made pizza bagels for dinner, had tasty s'mores, and went to bed.



Day 3:

Mohawk woke up around 7:30 am and packed up camp. We loaded up the trailer and drove across the street to have breakfast on the beach. After we were done, we drove down to Wonderland tide pools, where we hiked in to check them out. Then, we left Acadia to drive back home. We stopped at Camden Hills picnic area to have lunch, then made a final stop for Round Top Ice Cream. We came back to Wavus and unpacked our stuff and were happy to be back. We had a great trip!



Snowgoose (July 25th)

Mohawk was off to the Snowgoose!!! We left camp at 9 and arrived to Bremen landing. We met the captain and his dog, and then headed out on the ocean. The weather has cold and foggy, but that didn't put a damper on the girls' attitude. Along the way we stopped at a few lobster traps but only caught one lobster that we named Mr. Mohawk. On our way to the swimming area we stopped passed seals that all girls absolutely loved. The weather started to clear up right before we were about to jump into the freezing ocean. We anchored the boat near the bay where we watched the Lobster Boat Race. All the girls jumped off the boat at least once, they all had a blast doing it. After several hours of jumping the girls nibbled on their sandwiches and GORP

without trying to feed it to the dog.

Once done with lunch we all grabbed the fishing poles and went fishing. The girls got excited every time something would grab onto their poles, but it would usually be seaweed. We played some games and sang songs while heading back to land. After a long day at sea, all the girls were tired but happy to be heading back to camp.



Cheyenne "Carefree"

HBC: Cam Powell

HBC: Jill Witherbee

JC: Holly Seamans



Snowgoose

Tuesday, July 28, 2009

Today was a beautiful, sunny day! We left straight from breakfast to drive to Bremen, where we met Captain Bill and Nicole of the Snowgoose. We rode around Muscongus Bay and pulled up four lobster traps. Although two of them were completely empty, the other two had lobsters in them that almost everyone took turns holding. Unfortunately two of the ones we caught were too small to keep and the other one we caught was pregnant, so all three had to be thrown back. All the girls helped Captain Bill pull up his last trap and then we went back towards the dock and emptied the rain out of

Dick Kennedy's boat. In the process, an oar from his boat fell in the water and Brittany enthusiastically volunteer to jump in the cold ocean water to retrieve it and was rewarded with a chocolate bar. After boating around for a little longer, we anchored, ate lunch, and spent the rest of the afternoon jumping off the roof of the Snowgoose, making friendship bracelets, and seeing how long we could stay in the water before freezing! Nat jumped off the roof 117 times and Brittany stayed in the water for 45 minutes—both setting the records on the Snowgoose for the summer. On the way back to the dock, some girls took naps, while other girls continued to make bracelets, lie in the sun, or take in the views of Muscongus Bay. On our way back to Wavus, we made a stop at Jefferson Scoop. It was a great day!

Hidden Valley

Thursday July 30, 2009

We left Wavus after breakfast and drove in a van to Hidden Valley Nature Center. Although it was raining when we started the 1.5 mile hike, we were fortunate enough that it stopped raining before we even got to our campsite. We passed Mohawk along the way, finishing up their overnight. Mohawk had left their tents set up so when we got to the campsite, we got settled in and made lunch of peanut butter and jelly. Then we went on a short hike around the lake. When we got back, we made friendship bracelets and told riddles. The counselors cooked mac and cheese for dinner, followed by s'mores for dessert. Before going to bed, each camper performed a skit, song, dance, or routine for the rest of the cabin. It was very entertaining and impressive! When we could no longer bear the mosquitoes, everyone retired to their tents and went to sleep.

Friday, July 31, 2009

We got to sleep in a little this morning. When we woke up, the counselors made everyone chocolate chip pancakes, which were delicious! After we cleaned up breakfast and got dressed, we started on a trail that took us further down the lake to where there were some canoes. We were going to practice doing T-rescues in the canoes so we could be prepared for our next overnight trip, but the wind was so strong that we only got through one successful T-rescue before calling it quits and planning on doing the rest of the T-rescues back at Wavus. We went back to our campsite, took down all the tents, packed up, and began the hike back to the van. The hike back was much quicker than the hike to the campsite yesterday.

Damariscotta Lake

Wednesday, August 5, 2009

After finishing up some last minute packing, we left Wavus from the canoe dock this morning in 6 canoes total. Although it was somewhat difficult to get around Wavus Point, once around the point there was hardly any wind and the water was very calm. We paddled about 1 mile to our beautiful campsite and then set up our tents. We started to practice T-rescues, but a huge afternoon thunderstorm blew through, so we had to retire to our tents earlier than intended to wait out the storm. Luckily, the storm didn't last for too long and we spent the rest of the afternoon jumping off the dock into the water and swimming. Dinner was chicken patties followed by the long-awaited scrambled brownies. Everyone helped clean up. We hung outside for a bit longer until the bugs got to us, so then everyone headed to their respective tents and went to bed, ready for a big day of paddling tomorrow!

Thursday, August 6, 2009

We woke up around 7 to a beautiful morning! Everybody got dressed and took their tents down. We ate a hearty breakfast of yogurt and granola, packed up our canoes, and got back on Damariscotta Lake to head down to the Fennimore campsite on Punk Point. Once again, we were fortunate that the weather was in our favor—there was no wind and the water was quite calm. Everyone had a good time while paddling the 5 miles and passed the time singing and talking. We got to our campsite around lunchtime, but before we could eat, we got settled and set up our tents. After lunch, we waited for Jodi and Sara to come by on the motorboat to take us to the rope swing



just a little further down the lake. We spent about 2 hours at the rope swing so everybody got a chance. It was fun! Jodi and Sara even brought us snacks of Oreos and Go-gurts. After they dropped us back off at the campsite, everybody had some downtime before dinner and spent it reading or hanging out. Dinner was tortellini and pesto, which was devoured! After dinner, Cam read aloud from a book we've been reading and then we all headed to bed. The moon was full, which was a gorgeous sight to see before falling asleep.

Friday, August 7, 2009

Although we tried to sleep in this morning, all of our biological body

clocks woke us up automatically around 7. We cleaned up our tents and campsite, had a breakfast of the granola bars all the girls had made during cooking class, packed up our canoes, and started to make our way back to camp. It was amazing to see how much better we've all gotten at paddling, even in just two days! Even though the wind was against us today, we paddled the 4 miles back to camp in about 3 hours. As we approached Wavus Point, the whole cabin was chanting and singing songs, letting everybody know we were back. Once back at camp, we cleaned all our group gear, ate lunch, and got to have some time to rest. We ended the trip in high spirits and wanting more!

Cayuga "Quiet"

HBC: Amanda Leonard

HBC: Kat Barnes

JC: Natasha Cosgrove

Primer Trip: Georges Highland Path July 27, 2009-July 28, 2009

By: Courtney Close, Haley McGlooin, Maricha Ring, and Ella von der Schulenburg

We started out at Wavus and ate breakfast there. After that we loaded up the van with all of our gear for the Georges Highland Path and tents to sleep in. Then we walked up the road to the end of Wavus which is where our campsite is going to be. When we got there, we unpacked and started our exciting trip. We did Ragged Mountain, part of Georges Highland Path. The whole hike took us about four hours. We got to the top of the mountain and the view was beautiful but we knew we still had a two and a half mile hike down. When we got down we went

back to base camp at Wavus and had macaroni for dinner. Two minutes after dinner started there was a thunder storm rolling in and we had to stay in the tents on our mats for safety. Once the storm passed, our counselors told us that we "had to run an errand for Sara Taylor", the tripping director here at Wavus. Little did we know we went on a trip the Round Top Ice Cream! We were all really happy and it was a nice day for ice cream, it was also really hot during the night.

The second day was Courtney's birthday, a girl in our cabin. We had bagels for breakfast and started our day with a shorter hike than the day before. When we got to the top Bald Mountain, which is part of the Georges Highland Path. We all picked fresh blueberries. This is what Maine is known for, its great blueberries. Unfortunately we had to stop picking the blueberries to head down from the mountain and we were all happy to

finish the primary trip. We drove back to our campsite and packed our tents and gear but before heading back to the cabin we had peanut butter and jelly sandwiches. Then we walked back and unloaded from our primary trip. Then we finally had a relaxing swim in the lake at Wavus and were very happy to be back at camp!

Snowgoose Trip

July 31, 2009

By: Emily Townley, Kathryn Grennon, Samantha Page, and Caroline Peters

Today we went on our trip to the Snowgoose III; this is Kieve and Wavus' lobster boat. We had breakfast at Wavus and packed a lunch for the day before we headed out. When we arrived at Bremen, we were greeted by Captain Bill and his deck help Nicole. They told us the rules about the boat then we went aboard! It was a beautiful day to be on the water! The first activity we did was pull up lobster traps and we got to hold lobsters and take pictures with them! We also saw seals sunning themselves on rocks. Captain Bill then took us to a place where we could stop the boat and eat lunch and go swimming. We broke two records while we were aboard the Snowgoose! As a cabin, we had the most jumps off the top of the boat, combined we had 330!! The other record that was broken was done by Liv Clifford, she stayed in the water for 50 minutes straight! And that water sure is cold! On our way back in to Bremen, we stopped for awhile and went fishing. Everyone caught a fish, there was so many! In the end, Cayuga cabin had a great day on the Snowgoose!



White Mountains

July 5-9, 2009

Day 1

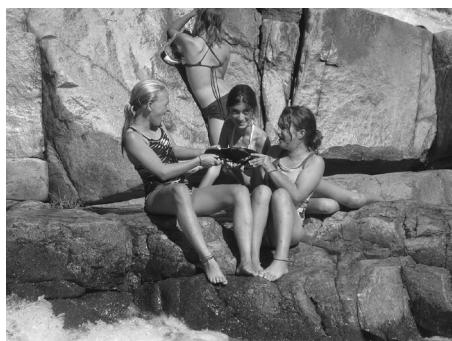
By: Liv Clifford, Jojo Neess, Katharine Srere, and Lily Susser

Today was the day we were finally leaving for our trip to the White Mountains! After breakfast at Wavus, we packed up the van and the trailer and were off to our destination. We listened to some great CDs on our ride and took silly pictures in the van! It was a long journey to the White Mountains, but after a couple breaks and eating lunch in the van we finally arrived! We checked in at a ranger station to get the weather for the next few days and figured out that it was best to hike Mt. Washington on our third day. When we arrived at our campsite we set up our tents and got ready for dinner. We ate a delicious dinner of mac n cheese and hot dogs. We gathered as a cabin before heading off to bed.

Day 2

By: Courtney Close, Haley McGlooin, Maricha Ring, Ella von der Schulenburg

Today was our first real day of our five day trip. When we woke up that morning we had yogurt and granola for breakfast and our counselors told us what our plan was for the day. We packed up our day packs and a lunch and headed back into the van. Today we were going to hike Blueberry Mountain. The hike was easy at first, but then got harder as we got closer to the top. When we reached the top we were very satisfied and proud of ourselves. This hike got us excited for Mt. Washington. To our disappointment though there were not a lot of blueberries on Blueberry Mountain as there was on our primer trip! We enjoyed a lunch of turkey and



cheese with granola bars and grapes as we took in the beautiful view. After some rest we got ready to head back down the mountain. At the end of the hike we were rewarded with a trip to Emerald Pools! We were so excited! We all had fun jumping off the cliff and exploring up stream even though the water was FREEZING! We hiked back to the van and drove back to base camp and had chicken quesadillas for dinner! They were great. We then played the "Mt. Washington" game with cookies Kat had brought. It was a motivation game to get us excited for tomorrow and we think it worked! Afterwards, we packed our days packs and put them in the van so they would be ready for tomorrow since we were going to be getting up at 4 AM! Then, we retreated to our tents for a good night's sleep!

Day 3

By: Emily Townley, Kathryn Grennon, Samantha Page, and Caroline Peters

Today we climbed Mt. Washington! Our day started at 4 AM when we woke up, did last minute things then got in the van to eat breakfast and go on a short drive to the base of the mountain. The beginning of the hike was pretty easy because it was just tiny hills. Once we got to the half way point of the mountain it got harder, but the views were absolutely beautiful! We were taking so many pictures! At one point along the hike it suddenly got very windy and cold, so we stopped and layered up some more before continuing into the clouds! After a bit more hiking we summited!! It was so rewarding, it felt amazing! We were at the top at 10:15 AM; it took us 4 hours and 57 minutes! When we reached the top it was very cold, but we went inside to the lodge on the top and ate lunch and got hot chocolate! Once it was time

to leave, we got all bundled up to go back outside because it was hailing! But first we stopped at the summit sign to take pictures. Then it was time to start hiking and return to the base. Going down was a lot quicker than going up, but it did rain on our way down. Finally we got to the bottom and we were so happy we did it! Then we even got stickers that said, "I Climbed Mt. Washington"!

Day 4

By: Courtney Close, Haley McGlooin, Maricha Ring, Ella von der Schulenburg

This morning we got to sleep in since we hiked Mt. Washington yesterday! When we went to breakfast we were very happy to see our counselors had made us S&M pancakes!! Then our counselors told us that we were going to be able to choose our hike to do today. We were freaking out because we were so tired! After breakfast we were very surprised because they told us we were going to ROCK SLIDES! It was a little bit of a ride, but totally worth it! It was so exciting! We went swimming and slide down natural rock slides! It was so cool! We ate lunch on the rocks as well. It was a beautiful sunny day and could no have been better. We enjoyed a fun and very relaxing day. We loved it!

Day 5

By: Liv Clifford, Jojo Neess, Katharine Srere, and Lily Susser

We woke up and could not believe it that it was the 5th day of our trip and we were going back to Wavus! When we got up that morning, we had oatmeal for breakfast before we got to work! We packed up everything this morning, tents, all our group gear, and our personal gear. Then, we did a sweep of our campsite, as it is a practice of LNT

(Leave No Trace). We loaded up the van for a final time and began our trip back to Wavus. We enjoyed our final look through the White Mountains. We stopped for lunch at this river area and then continued along. Before returning

to camp our counselors brought us to J Scoop for ice cream!! We were so happy! We enjoyed our ice cream and then returned to Wavus where we were greeted by all those who missed us! We told them all about our exciting trip, Cayuga Rocks!! ☺

Cherokee “Communicator”

HBC: Allie Bartholomew

JC: Caitlin Boroden

JC: Maggie Williams

Primer: George’s Highland Path (July 26, 2009-July 27, 2009)

Day 1: We started our day by having breakfast at Wavus as a cabin. Since it was Sunday, we had our Sunday tradition of “wild donuts” prepared by Suse and Paula themselves. After breakfast we made sandwiches to eat on our hike, packed the van, and drove out to the field by the Wavus barn to set up camp. At our campsite we unpacked our group gear, set up our tents, and learned about “Leave No Trace.” We then set out on a drive to George’s Highland Path where we began our six mile hike through the woods on a somewhat foggy day. The weather was ideal for hiking, and we took a long break halfway through to eat our turkey sandwiches. We met up with another cabin halfway through the hike and exchanged van keys, so that we could pick up a new van at the end of our hike. We successfully finished our hike, and drove back to our campsite. We took a short rest hour and then prepared a pesto pasta with chicken dinner. After dinner we discussed what went well on our hike, and we need to do to prepare for our big trip to the White Mountains. After a successful and strategic discussion,

we treated the girls to ice cream down the road at Jefferson Scoop.

Day 2: We woke up around 7:30 and had a delicious M&M pancake breakfast. After cleaning up, the cabin participated in some team building activities such as the human knot and “group sit.” We then drove back to Gorge’s Highland Path for a short hike on another path. After our hike, we returned to our campsite, broke down the tents, and packed up all of the group, as well as personal gear. We then prepared a p.b&j on pita bread lunch at the campsite and debriefed from our primer trip. Afterward, we drove back to Wavus, and unpacked and cleaned all of our gear.

White Mountains Trip (July 31, 2009-August 4, 2009)

Day 1: We woke up and had breakfast as a cabin at Wavus before packing turkey sandwich lunches to have on our journey (van ride) to the White Mountains in New Hampshire. We then packed up the van and trailer with all of our group gear, personal gear, and food for our five day trip. Our drive to the White Mountains was very lively and entertaining. We arrived at the Ranger Station to check the weather for our five day trip and discovered that the best day to hike Mount Washington would be tomorrow (Saturday). We then drove to our campsite at Dolly Copp campground, set up our tents,



unpacked our group gear, and had lunch. After lunch we drove out to Pinkham Notch and did a hike to Lost Pond. We hiked to a beautiful small lake, did some beaver watching, and had some great view of Mt. Washington. It started to rain, so we headed back to our campsite and had a short rest hour. The counselors prepared a delicious mac and cheese dinner and sent the campers (and themselves) to bed early for a very early wake up the following morning.

Day 2: We woke up at 5 am and had a quick bagels and cream cheese breakfast before setting out to Pinkham Notch to hike Mount Washington. We ran into a Kieve cabin at the bottom of the mountain, and were all on the trail by 6 am. We hiked up Mt. Washington on Lion's Head Trail, where we climbed gigantic boulders, and had beautiful views of the White Mountains surrounding us. We made several stops to take pictures, enjoy the views, and munch on some snacks. The weather was perfect for a hike, and clear skies surrounded us. By 11 am we had made it to the top of the mountain and we stopped to have a pb&j lunch and some hot chocolate. We had beautiful weather at the top, and actually had views of the surrounding mountains, a very rare occasion on Mt. Washington. We hiked down the mountain via Tuckerman's Ravine, a much steeper decline than we had on our ascent. We stopped at a beautiful waterfall, had some snacks, and proceeded down the mountain; we made it to the bottom by 4 pm, and were exhausted from a 10 hour day! We drove back to our campsite for a short rest hour, and then prepared chicken quesadillas for dinner, made a fire, and had some s'mores. The girls were exhausted from

our long day, and fell asleep as soon as they closed their eyes.

Day 3: We let the girls sleep in after a successful summit the day before. When they woke up, we prepared delicious breakfast sandwiches of eggs, bacon, and cheese on bagels. We then packed up our day packs and set out in the van for a drive to the Kancamagus River, just outside of Conway, New Hampshire. We made it to the river and swam down the currents, sliding down the rocks. We had a pepperoni and cheese on pita lunch, and then the girls enjoyed sliding down the small rapids all afternoon, and jumping off rocks into the freezing cold water. It started to rain, and we packed up the van and headed back to our campsite in the late afternoon, stopping along the way for a special Ben and Jerry's ice cream cone. We had a short rest hour and then the girls all played charades as the counselors prepared chicken patty sandwiches for dinner. We made a fire as it grew dark as we played USA trivia for candy.

Day 4: We woke up and had a granola and yogurt breakfast before driving to the Baldface Circle Trail down a beautiful, but remote road. We hiked up to the beautiful Emerald Pools and jumped off ten foot rocks into freezing cold water that was the most beautiful shade of green the girls had ever seen. We enjoyed turkey and cheese sandwiches for lunch, and then the girls relaxed and read their books on the rocks alongside the Emerald Pool. The girls convinced all the counselors to jump off the rocks after lunch, and then we packed up and hiked back to the van. We drove back to the campsite for rest hour and then the counselors prepared the girls' favorite pesto pasta with chicken dinner. We enjoyed

scrambled brownies for dessert, and played some more trivia games.

Day 5: We woke up and had the girls' favorite M&M pancake breakfast before packing up the tents and all of our gear for the drive back to Wavus. We loaded up the van and trailer and set out for our drive back to Maine. We stopped along the way and had ham and cheese sandwiches. When we arrived back in Jefferson (town where Wavus is located), we stopped for ice cream at the girl's favorite, "Jefferson Scoop," and then jumped off the bridge into the lake before heading back to camp to unpack and clean out all of our gear.

Beach Day (August 8, 2009)

On the hottest and by far sunniest day of summer so far, we set out early driving to Popham State Beach in Phippsburg, Maine. We arrived early and beat the crowds, enjoying a peaceful morning splashing around in the waves. The girls enjoyed snacks and took pictures, as well as worked on their summer tans. We also had an impressive game of soccer on the sand.

Narragansett

HBC: Julie Jamieson

JC: Emma Ram

JC: Irina Beal

The last three and a half weeks at Wavus Camp for girls have been filled with fun through making new friends and challenging ourselves, either on the ropes course or on trips. In camp, the girls had the opportunity to express their passions and interests artistically in wood shop, pottery, and art. They have strengthened their friendship bonds through camp-wide activities, swimming, and evening activities.

For lunch we ate turkey and cheese sandwiches as well as pb&j on pita. The girls enjoyed some cookies for dessert and then proceeded to swim and body surf in the frigid waters all afternoon. We drove back to Wavus, stopping along the way for some soft serve ice cream at a local ice cream shop.

Snowgoose Day (August 11, 2009)

We set out on a beautiful morning on the Snowgoose with Captain Bill and first mate Nicole. The weather cleared throughout the morning as we caught several lobsters and crabs in the traps throughout Muscongus Bay. When we arrived at the last trap, there were two larger lobsters that Captain Bill was able to keep. We dropped anchor in the bay shortly thereafter, ate our turkey sandwich lunches, and played some "Snowgoose Trivia" with Captain Bill. The girls then proceeded to jump off of the top of the boat several times into the frigid Atlantic Ocean. Sarah Wilson even managed to beat the Wavus record, jumping off the top of the Snowgoose one hundred and twenty times.

Through sailing the girls have learned teamwork and communication.

The Narragansett cabin is a motley crew of ten, eleven, and twelve-year-olds. It is filled with strong spirits and outgoing youngsters. We hiked for three days on our primer trip. As we drove to Camden Hills, we rocked out to Taylor Swift and the Twilight soundtrack. Once there, we went on a short hike up Mt. Megunticook.

The next day, we held fast on a longer and more challenging hike. We finished the primer by hiking up Mt. Battie, on top of which is a tower. At each location, fair weather followed and breathtaking

views were bountiful. The panoramic vistas included rolling mountains, birds in flight, and sparkling harbors.

A week later, we were off on our five day canoeing extravaganza. A short and easy paddle with the wind behind our backs allowed the girls to become acquainted with steering and using the proper strokes. The second day's paddle was longer, but still no wind. We camped out on Punk Point, near Kieve. The third day was the longest and most challenging. It involved completing Damariscotta Lake, portaging across the Alewife's Fish Ladder, and continuing to paddle across the Great Salt Bay against the wind. Luckily, the fourth day we relaxed, played games, and did service work for the Damariscotta River Association. The last day we pushed off at low tide and beat a rain storm coming back. All in all, we had a spectacular on-the-water learning experience!



Abenaki

HBC: Marae Lindsey

JC: Anne Warner

JC: Lisa Carson

Baxter State Park

Day 1:

On the first day of our Baxter State Park Trip we had breakfast at camp. Then we made our lunch, which was turkey and cheese sandwiches with a piece of fruit. We brought all of our stuff for the trip down to the vans and put it in the trailer. We all hopped in the van and started our 4 ½ hour drive. We listened to music, talked and read in the van until we were about halfway there. We ate our lunch at a rest stop and went to the bathroom. Once we got to our campsite we unloaded our stuff and set up the tents. We hung out in our tents for a while because it was raining. A few hours later we ate fettuccine alfredo for dinner under the tarp we set up. We played a couple of games of mafia in the rain and then went back to our tents. We talked for a while and then went to bed. All together it was a pretty uneventful day, but we all had a great time because we were together!

Joeniquer Munnings
and Emma Landes

Day 2:

This morning the counselors woke us up at 4 am to prepare for our climb of Katahdin! We pre-packed the night before and wore our hiking clothes to bed, so when we woke up we just put on our boots and ate yogurt and granola for breakfast. We distributed snacks and we even had our favorite cookies & cream bars! Then we all got in the van and drove for 20 minutes to the start of the "Hunt Trail" We began hiking at 4:50 am and we were the first hikers on the mountain. For about 2

hours we hiked through below tree line, and stopped in the middle to refill and polar pure our water. Throughout the whole hike we stopped occasionally for water and snack breaks. We were soon above the tree line. The hike was challenging but the view was worth it! We encountered some tough bouldering, but we helped each other to overcome every challenge. Later we reached the summit (highest point) of Katahdin. We celebrated with lunch of bagels and cream cheese along with granola bars. After we finished lunch we made our way back down. Again there were some challenges hiking down the steep boulders, but with everyone's help, we made it down safely. We completed the entire hike in exactly 10 hours! We went back to our lovely campsite, got ready for bed, and enjoyed a dinner of Southwestern mac and cheese. Lisa tried to convince us to go past Texas and all the way to Chile with the amount of salsa we put on our mac and cheese. We went to be early and we can all agree that we slept great that night!

Bea Kelly and Morgan Austin

Day 3:

Today we woke up late, around 9:30, because we were so tired from our Katahdin climb! We had pancakes with M&Ms for breakfast. They tasted so tasty! We then hung out around camp for a bit and got together our gear for the natural waterslides. After packing up the van, we made our way to the natural waterslides and blasted Keith Urban in the van for the entire car ride. The natural waterslides were fantastic! We rode down all of them and enjoyed splashing in the water. It was wonderful to relax and play around after such a challenging hike the day before. We stayed at the waterslides

for quite a while and then drove to the beach on Abol Lake. There were picnic tables and we made cheesy pitas for lunch which were delicious! Just as we were beginning lunch, the South Harris cabin from Kieve walked up. The boys were about our age, so after much nervousness and excitement, we started talking to them and eventually played a number of games of mafia with them. We decided to invite them over for scrambled brownies after dinner and they suggested that we go over to their campsite instead. After hanging out at the beach with the boys for a while, we decided to hike to an Appalachian Trail store. It was a pretty easy hike and it was awesome to walk on the Appalachian Trail and go to a store used by so many people making their way along the trail. The counselors bought us cookies, twizzlers and York mint patties which we divided amongst ourselves. Later we went back to the campsite and relaxed in our tents for a while. Dinner was a delicious feast of English muffin sandwiches with sausage and cheese. After dinner we went to the boys' campsite. They were still finishing up dinner, but we all chatted with them for a while and played a few games of mafia. We all enjoyed scrambled brownies and each other's company. We talked about Kieve and Wavus and our Katahdin hikes. Around 9 we headed back to our campsite and went to sleep.

Day 4:

On August 3 we woke up and had a hearty breakfast of oatmeal. Then we got ready to hike Sentinal Mountain. It took us about an hour to climb to the top and it was much easier than Katahdin, of course, but it was still challenging because we were so sore from our Katahdin climb. Then we

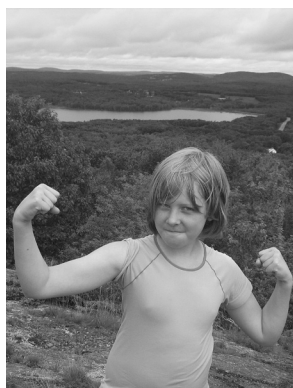
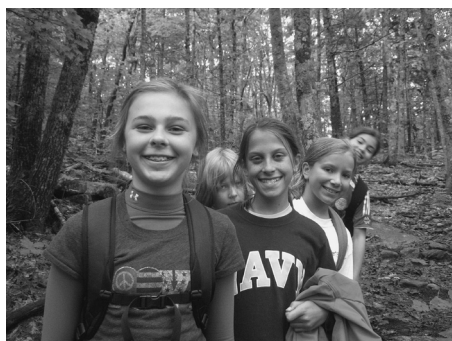
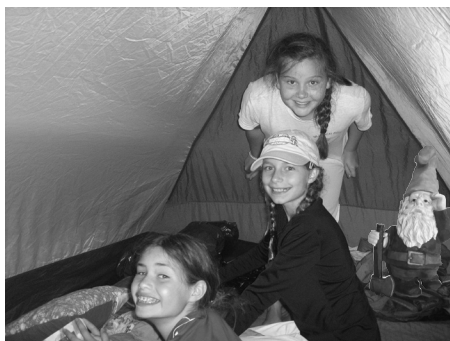
stopped for lunch. Our lunch consisted of soy butter (a replacement for peanut butter) and jelly bagels. Then we hiked down and decided to go back to the natural waterslides for the second day in a row! They were so much fun! Eventually, we drove back to our campsite and had quiet tent time for about an hour. When we got out of our tents, we were pleasantly surprised with ginger ale from the counselors! It was such a great treat! After we finished our soda, we had burritos for dinner. Then we cleaned our bowls using the "leave no trace" practices and went to bed!

Rachel Libby and Alison Obstler

Day 5:

On the last of the Baxter State Park trip we woke up at about 8 am. For breakfast, we had strawberry yogurt with granola. After we finished up breakfast, we loaded up the van with all the luggage and took down the tents. We then walked to the beginning of the Abol Falls hike. The hike was about 45 minutes. As soon as we got back to our campsite we hopped in the van and headed back to Wavus. On the way back we stopped at McDonalds. We each got to spend \$6 on a meal of our choice. Everyone picked something different to satisfy their hunger after our camping trip. Once we were close to Wavus our counselors decided that we deserved a good round of J-Scoop, so we stopped and filled our tummies. It was so delicious! We arrived at Wavus and split into cleaning groups. One group vacuumed and cleaned the van, another did the dishes and the last group cleaned out the cooler and wannigan and also hung out the tents. It was good to be back at camp, but we definitely enjoyed our trip!

Meghan Goodwin, Bridget Lattimer



Beach Day: Sunday, August 9th

One wonderful morning after some delicious wild donuts, Abenaki cabin set off on a 45 minute journey to Popham Beach. After a few minutes of searching on the beach, we found the perfect spot to lay out our towels. As soon as we handed out the pelagrinis, Abenaki cabin rushed into the water that was extremely cold but very refreshing for a hot summer day. We swam out to a sandbar and chilled for a while. We soon realized that there were horseflies everywhere, so we quickly swam back to the shore and lounged on our towels. Not even 5 minutes had

gone by, when we found that there was water surrounding us. We quickly relocated to a spot further down the beach where our towels wouldn't be swept away by the tide. We ate a quick lunch of ham and cheese sandwiches. After lunch some of us swam but others sat on our towels or played in the sand. We even buried Alison and Bridget completely in sand! Around 2 pm we split all of the candy our parents and friends sent us. So delicious! We swam some more and then packed up about an hour later. And to wrap up a great day, we stopped on that way home to grab some Round Top ice cream!

Lindsay Stewart and Hadley Parker

Shawnee

HBC: Grace Concannon

JC: Marion Buzon

JC: Erin Berlin



Baxter State Park Trip Aug 5-9

Day 1, August 5th - We ate breakfast and camp and loaded the van with everyone's gear for the trip. After driving for a few hours we made it to Baxter State Park, checked in with the ranger, and set up camp. It was a beautiful day out and the group was able to enjoy it while hanging out at the campsite and preparing for dinner. For dinner we had chicken quesadillas that the counselors cooked. After eating we got ready for an early night and went to bed by 8 p.m. in order to be rested for Kathadin the next day.

Day 2, August 6th - Today we woke up at 4 a.m. and began to get ready for the hiking Mt. Katahdin. We packed our daypacks and ate bagels for breakfast then headed down the road towards the hunt trail. After signing in at 5:22 a.m., the group began our hike. After a few miles of flatter surface, we

began to face the bouldering part of the hike. We worked together to help each other while on the trail and trying to maneuver up the rocks. After hours of hard work, we finally reached the summit of Mt. Katahdin around lunch time. We took group pictures then sat down to eat lunch. Once we were finished we got our things together and began to make our way back down the Hunt Trail. Hours passed by and we continued to hike and finally made it back to our starting point around 6 p.m. It was a very tiring day but also very fun and rewarding. It began to rain heavily right as we got back to our campsite. We ate a quick dinner and rested as we waited for the storm to pass. Then after reflecting on the day we headed to our tents and went to sleep.

Day 3, August 7th - Today we slept in a bit later than usual and had pancakes for breakfast. Grace and Erin took turns cooking while the campers waited to eat. It was very sunny out so we decided to take a trip to the natural water slides about 20 minutes down the

road. After going down the waterslides for a short period of time it began to thunder so we headed to the van to eat lunch instead. In the afternoon we broke up into teams and played a big game of capture the flag. Later for dinner we had tortellini and then scrambled brownies for dessert which everyone enjoyed. Eventually everyone went to their tents and went to bed.

Day 4, August 8th - We were woken up around 8 a.m. for a breakfast of cereal and soy milk. After breakfast we got our daypacks together and got ready to drive to the cliffs for cliff jumping. We arrived at the trails before 10 a.m. and began our hike. We hiked through a good amount of mud and water at the beginning and then came upon a number of rocks that we had to go across in order to get to the cliffs. The hike took much longer than we anticipated but we were determined to make it to the cliffs. Finally after hours of hiking we reached the cliffs to find a number of people already there enjoying the view and jumping off into the water. We stayed at the cliffs for a little over an hour so everyone could jump off as many times as they wanted. Once it started to get late we began to retrace our steps and head back to where the van was parked. Back at the campsite we started dinner and waited for the food to be ready. We had "gotto gotto" and S'mores over the campfire for dessert. We got to stay up later than usual and talk about all of the fun times we had on our trip. Then we went to bed sad that we would have to leave the next day.

Day 5, August 9th - We woke up and ate bagels for breakfast and then packed up all of our stuff in order to prepare for departure in the late morning. Since we were all very exhausted from our

hike on the previous day as well as Katahdin, we decided not to do a hike in the morning before leaving. Instead, we were able to play games and talk while sitting out by the picnic tables at the site. After reminiscing about stories from the past few days it was time to load up the van and head out. We returned to Wavus around 4 p.m. after a trip to J Scoop, and although we were sad to end our trip it was great to be back safe at the Wav!

Beach Day: August 1

We had a perfect day for beach day, the sun was shining and there were no clouds in the sky. After breakfast at Wavus we loaded up the van and left for Popham Beach. The ride took over an hour and we arrived at the entrance to Popham beach by 11a.m. Once we got settled in at the beach, a bunch of us went for a swim in the ocean which turned out to be much colder than anyone expected. Later on we played baseball on the beach with a group of people and had a lot of fun. For lunch we had sandwiches that we had made at camp, although there was a seagull issue as they tried to eat any food that they could find from our bags. Once we chased the seagulls away, we hung out by our stuff while a lot of people talked or read books and enjoyed the weather. By 3 p.m. we decided it was time to head out so we packed up our things and went back to the van. We made it back to Wavus just in time for dinner after a great day at Popham beach!

Primer Trip: Georges Highland Path August 25-26

Before leaving for our hike on Georges Highland Path, the Shawnee girls set up camp right by Wavus so we would



be prepared for the night upon our return. After setting up, we drove to the trail to start our hike. After checking to make sure that we had water and everything that we needed, we started on our 5 mile course. We went up rocks that looked almost like perfect staircases, and jumped over streams, finally coming to what we thought would be the top only to find that we had a ways to go. On the trail we ran into other hikers and their new puppy that they brought along for the walk. The girls took pictures with the puppy whose name was Molly. After leaving Molly and her owners, we found a spot to sit and eat lunch then started up our hike again. After completing the trail we got in the vans and headed to camp

for the night. For dinner we had grilled chicken sandwiches and for dessert there were scrambled brownies. The girls went to their tents and chatted for almost an hour then finally went to sleep. The next morning we woke up around 7:30 a.m. and ate breakfast then packed up the campsite. After packing up we set off again for Georges Highland Path. We picked a different route for the second day that took us almost as long as the hike on the first day. After the hike we ate lunch and drove back to camp. At camp the girls were taught how to clean up after a trip and where to put the tents and equipment. Once everything was neat and clean we went back to our cabin to rest after a great primer trip!

Omaha

HBC: Liza Kehoe

JC: Mads Sneedan

Day 1

On July 29th we woke up at 4:00 a.m. and packed up our last few things to head out for the St. Croix River. Then we went to Jewell to eat cereal. We put our things in the van and got in. The van ride was five hours long. During this we listened to music, talked, and slept. When we got to the boat launch, we put the canoes in and loaded them up with our gear. We paddled for about an hour till we got to our campsite, Birch Island. We ate at Birch Island. We had ham and cheese sandwiches. Birch Island was one of our favorite campsites because of the big rock that we jumped off of and were able to hang out on. After a long day we had chicken stir fry for dinner and s'mores for dessert. Immediately after dessert we went right to bed.

Day 2

On July 30th we woke up early to rain. We took down our tents and cleaned up the campsite. After cleaning our areas, we prepared breakfast. We ate granola and yogurt. Before paddling we checked our campsite for anything leftover and then put the canoes in. We paddled for about two hours until we saw our campsite. We paddled up and saw people already inhabiting it. We asked to share with them and they were fine with it. Walker's Cove was definitely big enough to have two groups. We set up campsite and then went straight into the lake to go swimming. Lunch time rolled around and we ate bagels with peanut butter, Nutella, honey, and jelly. They were so good. Everybody loved having Nutella. After lunch, we kept on swimming and relaxing. Eventually dinner time arrived and we made cheese and vegetable



quesadillas. They were delicious and filling. We cleaned up and decided to go to bed early because we had a long day ahead of us.

Day 3

The next day we woke up at 5:00 and ate bagels with cream cheese and got right on the lake. We had to paddle through the lakes to get to the St. Croix River which involved portaging. We paddled for about 3 hours till we reach Vanceboro Dam. We had to portage around the dam. While the counselors checked out how far we had to portage, we pulled the canoes up and unloaded the gear. The portage trail was not bad at all. We did it all in 30 minutes! It was so worth it because we went down our first rapid!! It was awesome and so worth it. We drifted down the river for a little while and stopped for lunch. We made pepperoni and cheese sandwiches. After refueling, we paddled more. The river was so beautiful and peaceful. I loved cruising down the river with my cabin. After a long day of paddling in the sun, we finally reached Little Falls. We set up our campsite and ate dinner. The counselors made loaded couscous that included pepperoni, vegetables, and cheese. We were so tired but before we went to bed we had oreos with peanut butter. It hit the spot. After our sweets, we all got into our tents and fell right to sleep.

Day 4

The morning of August 1st we were able to sleep in till 7:30. It was much needed. We took down our tents and ate breakfast. We had hot oatmeal. Right after breakfast we got right on the river! We were so excited because today we had a lot of rapids. This day I led our group down the river. I really enjoyed it because I was able to read

the map and to be the leader. After two hours, we arrived at our campsite. Loon Bay was so beautiful! It was a really big campsite and it was right across from Canada. We ate lunch quickly so we could go swimming. Liza and some of the girls swam over to Canada. They went over so they could say that they touched Canada. After our swim, we relaxed and played games. For dinner that night we ate pesto pasta. It was so delicious that everyone went back for seconds. After dinner the counselors handed out Oreos as a little treat.

Day 5

The morning of August 2nd we woke up early for our last real day on the river. We ate granola and milk to get us going. When we got on the river, we paddled with ease. The last day did not have any rapids so we took it easy. We got to the next campsite really early. It was called Egg Point!

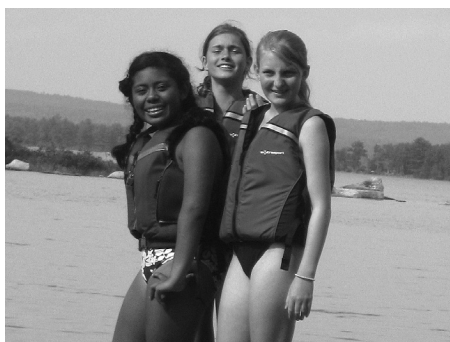
Egg Point was really cool because there was a little rift where we floated down. Also at Egg Point we saw a huge alligator snapping turtle. The counselors made us get out of the water because the turtle looked really ferocious. We hung out all day and really tried to enjoy our last day on the river. For dinner we had tortellini with red sauce. It was so good. Then for dessert we had scrambled brownies that were so good and rich.

Day 6

The next morning was our last. We woke up and headed for our take out point. When we got to our take out point, we waited for our ride. The St. Croix River was so much fun and we all had the time of our lives!

Emma Zetterberg -
Omaha





Ojibway

HBC: Erin Malafonte

JC: Alice Arsenault

JC: Katie Jacobs

Damariscotta Lake -Primer

Day 1 by Darby Philbrick

Today we woke up at the normal time, went to flag, and had breakfast.

Then we got ready to set off for our campsite. When we got there, Mic Mac was just leaving. We had PB&Js whiled we waited, and then set up our tents. Our counselors knew about this really cool rope swing, so we decided to paddle there. We were going against the wind, so it took us forever! When we got there, we played for a while and then paddled back. We were all hanging out outside when this crazy storm came in really quickly, and we all dove for our tents. When the storm had passed, our counselors tried to make us English muffin pizzas, but the stove broke, so we had to eat them cold. They were still good, though. As a sort of after dinner activity, Erin, our HBC, taught us the dance to "I'll Make a Man Out of You" from Mulan. By the time we were done, the bugs had come out so we crawled into our tents and went to sleep.

Day 2 by Phoebe Perelman

Today we woke up and had bagels. Then we packed up our stuff and took down our tents. Next, we did T-rescues. After that was done, we started our paddle back to camp. We ate lunch on the water (peanut butter and jelly pitas) and went for a quick swim. When we finally got back to camp, it was rest hour and then we went to the Causeway for G-Swim.



St. Croix River

Day 1 by Meghan Miller

We woke up early and got our last things together. After filling our water bottles we loaded the canoes on the trailer and got into the van. After a long car ride, we arrived at a boat launch. After unloading the canoes, we ate lunch (sandwiches). Next we started to canoe. It was only a short paddle though. We finally arrived at our campsite on Birch Island. After swimming, we ate dinner and played games. We had to get to bed on the early side so we wouldn't be tired the next day.

Day 2 by Riley Vaske

On Day 2, we woke up, packed up, and had a breakfast of yogurt, granola and polar-pure water. Then we hopped in our canoes and paddled six miles to Walker Cove. We paddled against the wind but we made it at lunch time when we had PB&J on pita bread or "pita-butter jelly." It was early so we played card games, read book and bonded until dinner. Dinner was chicken burgers and rice and since it was Skye's birthday we had s'mores. Yum!

Day 3 by Alexandra O'Bryan

Our third day on the St. Croix River trip was by far the most difficult. We woke up at around 5 or 5:30, pack up all tents and gear and loaded the canoes after a filling breakfast. It was our last time being on the lake. After a couple hours of paddling, we had to portage around the dam that merged into the actual river. At about nine o'clock, we pulled up to a spot and dragged the canoes out of the water. First, everyone grabbed their gear and hauled it to the place where we decided to canoe again. Once we dropped our personal gear and wannigans, all 14 of



us walked the quarter of a mile distance back to the canoes. After a long time of discussing different strategies on how to carry each canoe, we decided on just picking it up on the sides, with about six people per canoe. Erin and Alice took one canoe by themselves by placing it on their shoulders with Caroline leading them. Finally, after about 2.5 hours, we finished portaging! Then we had lunch by our put-in place. Afterwards, we loaded the canoes and began paddling on the St. Croix! Everyone was thrilled to be finally on the river. A few hours later, we arrived at our third campsite, Little Falls, after going down rapids! But once we pulled up onto a gravel area, Erin informed us that we had to portage once again. So we went through the same process for the second time, only the distance to the campsite was much shorter. When we finished, all 11 of the girls got their assigned tent groups and started to pitch the tents.

Once everyone was settled in, we had dinner and relaxed at the campsite. Later that night, someone in the cabin spotted a family going down Little Falls, the mini waterfall we had portaged around.

The little boy capsized going down the falls but after a while he was rescued. Then we did whatever, got ready for bed, and went to sleep.

Day 4 by Dayla Pascador

We woke up a little later than usual, 7 am. We then relaxed and ate warm English muffins with jelly or cheese. Soon we packed up our tents and headed downstream. We went through many rapids but soon stopped for a snack and a reapply of sunscreen under the shade of some trees.

We came to a patch of calm water where we rafted up against a tree and

enjoyed a lunch of peanut butter and jelly on pita. It was so hot we decided to go for a swim against the current. For the rest of the day we raced along the river rapids. We got to our campsite in Loon Bay and set up our tent and sat with the counselors and talked. Our dinner was composed of mac and cheese and M&Ms. We snuggled up and waited for our last day of proper paddling.

Day 5 by Brooke Stewart

We woke up from our campsite at Loon Bay, and started paddling around 8 o'clock. After paddling for a while we hit our hardest rapids of the entire trip, Class III Canoose Ledges. We went down a little waterfall and it was really fun. We then paddled through our last two sets of rapids and then paddled through the rest of the river. While we were paddling, we saw two oxen and several geese. We then stopped for lunch and ate peanut butter and jelly on pitas. We then decided that we would paddle to the boat launch where the van would pick us up and camp there, instead of camping at Egg Point and paddling the next day.

We finally reached the boat launch and enjoyed a dinner of mashed potatoes, vegetables and pepperoni. We then went to bed in our tents, knowing that our trip was almost over.

Day 6 by Hannah Barnes

On the sixth day of our St. Croix River trip we spent most of the morning relaxing. We slept in and had a late breakfast of S&M pancakes. We spent a good amount of our morning playing card games and reading our books. Later in the morning, thy arrived to take us home so we loaded up our many dry bags and canoes. We all piled into the van and put a long-awaited CD into the player and drove off. After a

couple hours in the car we stopped at Subway for a delicious lunch!

Then a few more hours of driving, we finally got back to camp. We unloaded our gear and canoes, and went to dinner. After eating our first meal back at camp, we skipped Evening Activity to unpack. Then we went to bed early.

Beach Day

By Caroline Wilson

On beach day, the tenth of August, after breakfast, we packed up our towels, books, food and sun block, and headed down to the parking lot.

We all piled into the van with two of our counselors and Eliza Cress (a counselor of ours last year), and we drove to Reid State Park. We set down our towels, pulled out our books, and we read for a while. Uninvited horseflies were everywhere, flying around our heads. We constantly were swatting at them. Once we got hot, we all splashed around in the freezing cold water. We ate lunch, and went for another swim in the ocean. Later, we all packed up and got back into the van and drove back to Wavus after another fun trip at the beach.

Osage

HBC: MaryAnna Lynch

JC: Megan Lynch

Primer Trip:

Day 1: 8/4/09

After breakfast at Wavus, we took off across Damariscotta Lake in our canoes to the Rodrigues' house. It was a beautiful day and we lathered on the sunscreen to protect our skin from the bright sunshine. On the way to the campsite, we all practiced our canoeing skills in preparation for the St. Croix River. Once at the campsite, we quickly got camp set up. We spent the afternoon practicing T-Rescues in the warm water. After everyone was comfortable with T-Rescues, we paddled to Jefferson Scoop for Ice Cream. Dinner was delicious chicken patties and rice pilaf.

Day 2: 8/5/09

We woke up after a night of rain with huge smiles on our faces. We had M&M pancakes for breakfast before taking down camp and paddling back to Wavus. The girls of Osage mastered



their stern and bow paddling skills while canoeing across Damariscotta Lake. When we arrived back at Wavus, everybody agreed that we were well prepared and confident for our trip to the St. Croix River.

St. Croix River

Day 1: 8/4/09

Today we woke up at 5 am!! The car ride was six hours long! For a few of the hours, we slept, and the others we sang along with the blasting music. We canoed for around two hours through harsh wind. When we reached our destination, we could see Canada! Our campsite was beautiful with huge rocks we climbed on. The mosquitoes were torturous! We had hours of relaxing time where we played games and made friends with the camp across the island. For dinner we had chicken patties. They were amazing after a long day.

-Emma Howard

Day 2: 8/5/09

Today we slept in until eight! We canoed for about three hours until we reached our second campsite. It was so



much less buggy! It was really pretty and had an actual toilet! (Well, a hole in the ground with a seat over it). We had delicious fajitas and brownies for dinner. Tomorrow we are all excited about the portage and making it to the St. Croix River! -Lauren Krueger

Day 3: 8/6/09

Today was a very tiring but also exciting day. We transferred onto the St. Croix River from Spednic Lake. We had a healthy and yummy lunch before we hit the river. We went on rapids for the first time. Many of us were very excited about all the fun rapids on the river. We spent a few hours paddling down the river in the beautiful sun before arriving at Little Falls campsite. After getting camp set up, we devoured some delicious mac and cheese.

-Larson Bennett

Day 4: 8/7/09

Today, my canoeing partner, Bridget, and I capsized! It was actually really fun and we came out laughing about it. We did a successful T-rescue and continued on our way down the river. For breakfast we had oatmeal and for lunch we had Nutella sandwiches. The river today was just as fun as yesterday, packed with abundant sunshine and fast-moving rapids. After a few hours of paddling, we arrived at our campsite for the night, Loon Bay. At Loon Bay, we spent time hanging out with each other and getting camp set up. After a delicious dinner of pizza and S'Mores, we were all exhausted and headed to bed.

-Devyn Winter

Day 5: 8/8/09

Today, we got up and had pancakes for breakfast. We then packed up our gear in the canoes and headed down the river for another fun filled day of rapids and sunshine. Early in the day we arrived at Canoose Ledges, a class

III rapid. We got out well before the rapids so that we could look and see the safest route to take down the rapid. Going down the rapid turned out to be so much fun! Every canoe successfully made it over the falls. When we reached our campsite, Kendrick Rips, we ate peanut butter and jelly. We set up our tents and hung out until dinner. We ate pasta with pesto and cooked it over an open fire. It was delicious.

-Bridget Finnegan

Day 6: 8/9/09

Today we woke up and had a wonderfully filling meal of oatmeal. We packed up our canoes and started the last stretch of our journey. We paddled a few short miles and pulled out canoes on to the shore at Vanceboro Dam. Soon "The One" picked us up. There was mixed feelings of sadness because our trip was ending, but excitement for returning back to Wavus. On the ride home, we stopped at Subway for lunch. After a quick lunch, we continued on our way singing along to the music. There was definitely a sense of accomplishment. -Liddy Ambler

Beach Day: 8/12/09

This morning we woke up excited for the beach. Lucky for us, the sun was peeking out of the clouds. We hopped in the van and headed to Popham Beach. After the short ride we got out and found a great spot on the beach to relax for the afternoon. The girls enjoyed themselves hanging out, throwing a football, swimming and reading. After several hours of fun in the sun, we sat on the porch of Round Top ice cream and enjoyed our favorite flavors of ice cream.



Mic-Mac

HBC: Leah Agren

JC: Hildy Schott

Allagash Trip

Day 1

Today we woke up at 4 a.m. to finish packing and get on the road. We put all of our things from the cabin into the storage space underneath Osage so that the Junior Wavus girls could use our cabin while we were gone. Breakfast was a delicious smorgasbord of various cereals, and we enjoyed our last meal at camp. After we loaded all our gear into the van and trailer, Sam Kaplan picked us up for our 5 hour drive. The drive went quickly, especially after Sam bought us doughnuts. Leah and Sam chose some great tunes as the DJs and the whole van rocked out to “Good Night,” Taylor Swift, and Will.i.am (especially Katie who knew every word). Finally, around 10:30, we arrived at the drop off site where we were warmly greeted by the biggest swarm of mosquitoes any of us had ever seen. There was no turning back after we untied and portaged the muddy canoes that now looked brown instead of green. After the put-in under the bridge, we relaxed a little and paddled for about 2 hours. Leah and Hildy made up Invasion Day lyrics to the “Seize the Day” tune. The view was great from our campsite at Big Island, and we enjoyed lunch (turkey sandwiches and grapes). We spent the afternoon washing off in the river and hanging out in tents. For an evening activity, Leah busted out her huge copy of *So You Think You Know Maine*, and we all challenged Leah with a Maine Facts Quiz. Even though she failed miserably (4 ½ out of 12), she still knew more than we did.

Day 2

Today we woke up at 6 a.m. to put away tents and prepare for the day. We had a breakfast of yogurt and granola and then we were off. We paddled 14 miles from 7:30 to 1:30 with one small portage and 3 beaver dams with strong currents. We also had to paddle under a bridge. Katie and Erin got stuck in the current and Hildy finally pulled them out using her brute strength. Once we arrived at our Mud Pond campsite, we set up our tents and had sandwiches for lunch. Then we began our 1.6 mile Mud Pond Portage. Katie and Meredith brought one canoe all the way to the end (wow!), but we left the rest at various spots along the way. We discovered that portaging isn’t as bad as we thought. Although it rained, our spirits stayed high, especially after the counselors served us stir-fry cous cous and Oreos in our tents.

Day 3

We awoke to a bagels and cream cheese breakfast at 6:30. We put away our tents and then hiked our gear out of camp, along the portage trail. Once we brought the boundary bags to the end, we went back for the rest of the canoes and the wannigans. Since the trail looked more like a small stream, we were able to float the canoes most of the way. The wannigans and coolers were a different story. About halfway through, some of us figured out a way to strap the wannigans to a long pole and carry the pole on our shoulders. Portaging was much less tiring after that. Finally, 4 ½ hours after we started, we conquered the infamous Mud Pond Portage! Victory! We ate lunch at the end of the trail and then set off across the lake. We entered a snaking stream full of rapids. The ride was going great until the very last bend—a tree

had fallen across the whole stream. Michaela, Katie, Meredith, and Anna capsized. The rest of us arrived on the scene and helped un-flip Michaela and Katie's boat. TT swam into the lake to get the lost paddles. Luckily, the only gear we couldn't find was a disposable camera and pair of socks!

Another 30 minutes of paddling got us to the legendary Gravel Beach where we set up tents and hung out all of our wet, muddy clothes to dry. We had grilled cheese and soup for dinner.

The grilled cheese was a little soggy from capsizing, but no one really cared because even if the bread is soggy, grilled cheese still tastes good. The color of the sunset matched the color of our cheese – orange. In the distance we could hear a bugle playing "Day is Done." What a coincidence!

Day 4

Sleeping in at Gravel Beach was really nice. It was our rest day. Meredith, Rosie, Flo, and Leah met Sam Kaplan at the Chamberlain Bridge to get resupplied. The rest of us ate breakfast on the beach and played Spit. Katie invented the Pizza Song. A Long Voyage group stopped by on their way up Chamberlain Lake and sat on the beach for a few minutes. As they left, Hildy asked them if they had a bugle. They thought she was crazy. The re-supply group returned with our new gear and brought us Munchkins and Sprite as a surprise. We read and played cards on the beach while Flo made a fire. For dinner we cooked quesadillas on the fire. A unanimous vote awarded this dinner best meal of the trip.

Day 5

The day was great. We woke up at 5 and had granola and yogurt for breakfast. We powered through

Chamberlain Lake before the wind got too bad, and portaged our canoes over Lock Dam. There were a few rapids afterward, but we came out into another lake where we gash paddled for a while. Unfortunately, the wind picked up and we had to camp at an unplanned campsite. There were great rocks to sit on at the point of the island, and we relaxed all afternoon in the water and sunshine. For dinner we made chicken burgers with bacon, cheese, onions, and ketchup. Oh boy, they were so good!! one of our favorite meals. We spent the evening taking a million pictures of the sunset and the rising full moon which we could see through our tent doors. Beautiful!

Day 6

Today we woke up at 5:45 in the morning. We packed up camp and had scrambled eggs and bacon for breakfast. We paddled for about 4 hours and got to the campsite, Jaws, at 11:00. On the way, Ranger Jolly stopped us and told us that our campsite from the night before was where the Allagash abductions of '74 occurred. Luckily, we had not been abducted. Then, true to his name, he handed out some Jolly Ranchers. At Jaws we had sandwiches and peanut butter crackers for lunch. In the afternoon, we all read, swam, rested, and napped. Some of us awoke to a water plane that had landed 10 feet from our tents. We ate carrots and peanut butter as a snack, and then Leah taught us how to play a card game called President. It was extremely fun, and it was the only card game we played for the rest of the trip. For dinner we ate veggie stir-fry and rice pilaf – very gourmet. We even had home-made cookies from a New Zealand recipe. As an evening activity, we played cards with the Boy Scouts

sharing our site. They introduced us to their dog, Riley, who liked to chase things like the light from a headlamp. Similarly, the boys liked to chase giant frogs. Then Katie told the boys that Anna was a werewolf. Then we all went to bed.

Day 7

We all woke up at 6 a.m. to the counselors singing “Happy Birthday” to Anna. She was 14! We ate scrambled eggs for breakfast. We paddled for 1 mile to Chase Rapids where Ranger

Pat took all our bags. He was a real treat and remembered Leah from last year. We saw 2 moose at the dam which Rosie named Hans and Walter. Chase Rapids was great—no one flipped, and we even saw a baby moose. After the rapids we paddled for a while but got wind bound on Umsaskis Lake. So, we stayed at the Ledges camp site. In the afternoon we sunbathed, read, made friendship bracelets, played cards, and could hear the Boy Scouts play in the water. For dinner we had



tortellini alfredo with chicken. Since it was Anna's birthday, we celebrated with s'mores on the fire. Meredith pretended to be Gollum and guarded her precious marshmallows. A photo session on the rocks documented T.T. passing out from too much sugar and the campers climbing rocks. We capped off the night by taking a "sunset pic of the evening."

Day 8

Waking up at 5:30 today was quite hard because our neighbors, the "Boy Scouts," liked to stay up long and loud. It was freezing. Together with soggy bagels and jam, we packed our stuff in the canoes. Then we set off. Michaela was duffing. She made nice pictures of us all canoeing through the fog and the sunrise. There was no wind. We finished Umsaskis Lake which we could not do yesterday. Then we paddled Long Lake (as it says, VERY long!!!), and finally, miles of the Allagash River. After that we reached Round Pond... and the campsite. It was full. We continued to paddle to Outlet campsite, a very small—but nice and grassy—place. All to ourselves, no Boy Scouts ☺. Pita sandwiches for lunch, and then naps, reading, and hanging out in the sun and tents. Rice and beans for dinner... surprise, surprise. They were good!

Day 9

We slept in a bit today and woke up at 7. For breakfast we made literal honey nut Cheerios by putting peanuts and honey in our cereal. We paddled on the river through lots of rapids for a few hours and got to the ranger station at 12. We had a lunch of turkey on bagels and said goodbye to our Boy Scout friends who were taking out at the station. Adios, boys! An hour later we got to Allagash Falls. We portaged

our canoes and gear to the campsite. The weather started rolling in, and luckily we were able to set up the tents before it started raining. For dinner we ate English muffin pizzas, but only after singing the Pizza Song, of course. We played President as an evening activity and then went to bed at 9. We heard wolves, but it turned out to be the counselors making noises from their tent.

Day 10

Today was our rest day. We camped at Allagash Falls and got up at around 9 a.m. We had Cheerios, granola, and grape nuts with powdered milk for breakfast. In the afternoon, some of us played Jotto, a word game, and drew funny pictures of each other using only one line. Leah and Hildy washed their hair for the first time today! For dinner, we had macaroni and pesto, and then roasted marshmallows for dessert. We finished portaging the canoes and brought the wannigans, coolers, and paddles down to the water. To end the night, most of us played President. For the first time ever, Leah ended up in last place.

Day 11

Heute sing wir um 6 aufgestanden. Denn haben wir unser ganzes zeug aufgeräumt. Dann hatten wir grape nuts, etc. mit puder milch. Danach haben wir unser ganzes zueg zu den canoes getragen und sind losgepadelt. Wir sind seeeeehr lange zu unserem camping—platz gepodelt. Wir haben unsere canoes entladen und alles aufgeräumt. Ansehliebend haben wir unsere zelte aufgaebaut und hatten unser Mittagessen. Es gab = PB&J bagels, taunfisch, majo, kase bagels oder nur kase-bagels (Katie hatte eine schinken-majo tortilla). Danach haben wir einfach gechillt.

Als abendessen gab es suuuuper geile leckere pfannkuchen!

Translation: Today was the last day of paddling. We had breakfast, which was grape nuts, etc., with powdered milk. We paddled the very last miles of our trip. For lunch: peanut butter and jelly bagels, tunafish, mayo, and ketchup, all together on one bagel. None were soggy. Katie had a schinken-mayo tortilla. For dinner we ate pancakes. This trip was the best!!

Day 12

We were supposed to sleep in today, but we woke up to Boy Scouts heading out on the river. It was raining. We ate granola for breakfast and hung out at the campsite until 11 when we packed up and waited for Tookie and Katie Stone to arrive. It was very buggy. Finally the directors arrived, bearing gifts of pizza and mail. Yay!! We loaded the van and drove for 4 hours to the rafting campsite. We were very tired and so we made rice for dinner and then went to bed.

Day 13

Last day of the trip! We woke up at 6 and ate fruit loops. We sat in the lodge and watched hilarious rafting videos

of other groups flipping in the river. We got bussed over to the put-in site and got a scary pep talk from the raft guide. He told us that the water level was at 3,600 cfs, very high! Hildy, Leah, Tookie, Katie Stone, and the Long Voyage counselors shared a boat (Erin and Anna joined them down the river), and the campers were in another boat with Josh the raft guide. The first few rapid sets were class 5! Rosie and Sam fell out. So did Michaela, who fell out twice (called it!). For lunch we ate steak, chicken, and veggie burgers. After lunch we went down a 16 foot waterfall! Woah! The counselor boat went down 5 times, and the LV counselors jumped off the front once. We saw bald eagles and went down a "waterslide." Then there was a very long stretch of calm water. We attacked the counselor boat and tried to throw them in the water, but the tables were turned when Hildy threw Sam, Rosie, and Michaela in the river. We finally pushed Will Salisbury in! When we got back to the lodge, we watched videos and saw pictures. We got in the van at 5 and began to drive back. We stopped at Wendy's for dinner. Finally we got back to camp at 10:30!! The trip was over!

Allagash – Buff

HBC: Huntley Chapman

JC: Devin Tellatin

Allagash

Huntley Chapman and Devin Tellatin

Day 1- Tuesday, July 28

For our first day, we awoke around 5 A.M. to pack our cabin up and load the trailer. "The One" picked us up around 6:00, and we began the long 5½ hour car ride to Hannibal's Crossing, the start of our adventure.

When we arrived, we quickly unloaded the boats and gear, and ate a quick lunch because the mosquitoes were absolutely terrible. The paddle that day was relatively short and easy; it was extremely relaxing, the sun was shining. Within two hours were arrived at our campsite on Big Island. It was a sweet campsite where we spend the rest of the afternoon basking in the sun. For dinner, we made hot dogs!! We also saw our first moose; it was a bull moose crossing the river at dusk!!

Day 2- Wednesday, July 29

We woke up at 5 A.M. once again, but mainly just to see how long it took us to get ready and pack up. It was a very slow morning, taking us about 2 hours to pack up. We were finally out on the water around 7 A.M. and paddled directly to "The Store" in Chesuncook Village for root beer and fudge; it was delicious. Next, we paddled across Chesuncook Lake for about 2 hours until we stopped for lunch near Umbazookus Stream. Although the girls were tired, we plunged ahead, portaged over a bridge and paddled upstream until we reached Umbazookus Lake. By hugging the right shore we finally spotted the hidden carry trail to the beginning of the infamous Mud Pond Portage. We unloaded and set up camp, and the girls were eager to begin the portage so we kept on truckin! We were able to portage most of the canoes about half way up the trail, and around 6 P.M., we called it a day. It was an extremely long and tiresome day, but the girls were all-stars!

Day 3- Thursday, July 30

We woke up early so that we could finish the portage and be done with it. Luckily we were able to float the canoes most of the way, rather than portage them over our heads. After about 3 hours we made it to the end of the carry trail, and got back into the canoes to cross Mud Pond. We then entered a small, yet treacherous stream. The water was moving extremely fast and there were small rapids that we were not expecting. It was very narrow and difficult to navigate. Aside from a couple capsized canoes and running smack into the trees, everyone made it out alive. Luckily, we only lost a pair of shoes and a rain jacket. After that

small little disaster, we continued to paddle until we reached Gravel Beach, where we spent the remainder of the day relaxing in the sun.

Day 4- Friday, July 31

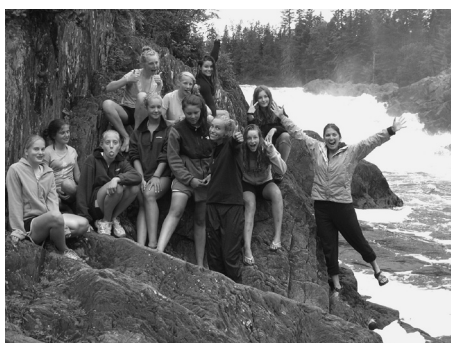
Today was our first rest day! Huntley, Elle, Cricket, and Lia left at 8 A.M. for our re-supply at Chamberlain Bridge, while the others stayed back at Gravel Beach. We were happy to see Forrest and Sam, who supplied us with four new wannigans and coolers full of food, candy, and soda. Because the forecast called for bad winds and rain all day, Ranger Erik offered to boat us back to Gravel Beach. It continued to rain all day so we literally spent the whole day in the tents getting our much needed rest for the next day. Tonight for dinner, we are having chicken quesadillas with fresh veggies! Yummmm

Day 5- Saturday, August 1

We have had the most amazing weather on our trip so far. Today was our earliest morning of the trip, waking up at 4:45 A.M. to beat the winds on Chamberlain Lake. We crossed the lake and paddled up the Lock Dam, where we then portaged our canoes about 50 yards into a stream that led into Eagle Lake. From there, we paddled about 4 hours until our lunch break at Farm Island, which is apparently haunted! We had some amazing PBJ and turkey sandwiches. After lunch, our paddle to our campsite was only 20 minutes away so for the remainder of the day, we tanned on the beach. The weather was absolutely gorgeous, and our clothes and tents were able to dry out from the rain the night before.

Day 6- Sunday, August 2

Today was by far the easiest and shortest day. We woke up around 7, and Devin made some amazing



sausage, egg, and cheese sandwiches. After paddling for about an hour, we arrived at John's Bridge to stop for swimming. The only brave camper to jump off the bridge was Emmy! From there we sailed most of Churchill Lake into our campsite, the Jaws. Luckily we had two veteran sailors, Lia and Elle, who helped navigate the way across the lake. When we were only minutes from our campsite, Paris and Georgia spotted a family of three moose! We arrived at the campsite around 11:30 and once again had the whole day to relax. Tonight we are having spaghetti and meatballs for dinner!

Day 7- Monday, August 3

Today was our longest day of paddling, but probably one of the best days because of the clear blue skies. Aside from our brutal sunburns, it was a perfect day. Just around the corner from our campsite was the beginning of Chase Rapids. On our short paddle to the rapids, we also encountered another moose only 20 feet from our canoes. When we arrived at Chase Rapids, the ranger portaged our gear to the end of the rapids just in case any of the canoes flipped. The rapids were awesome, and luckily no one flipped until the end. Paris and Georgia somehow flipped their canoe at the very end when the water was pretty calm. After Chase Rapids, we paddled through Umsaskis Lake where we encountered awful headwinds. It was a very difficult paddle, but extremely satisfying when we stopped for lunch. The girls were motivated to keep going so we paddled through Long Lake and made it to our campsite around 5:30. Lia, Cricket, and Georgia are cooking a well deserved stir-fry, and for dessert we are having s'mores!!

Day 8- Tuesday, August 4

I would say that today has been once again, close to perfect. The weather was amazing and the paddle was gorgeous. It was a full day of river paddling. Because the river was moving quickly, we were able to float most of the way and take our time. We also got to "gash paddle," which is when the bowman and stern sit up on the canoe and face each other. On the way into Round Pond, we spotted a beautiful and rare American Elm tree, apparently the Allagash Waterway is one of the few places to see these almost extinct trees. Once we entered Round Pond we took a lunch break at the Inlet campsite and had PBJs on wet, soggy bread. After our mediocre lunch, we continued to paddle until we reached Turk Island. On the way Huntley and Emmy spotted a moose, and got extremely close to it. Dinner tonight is everyone's favorite, grilled cheese with Oreos for dessert.

Day 9-Wednesday, August 5

Each day gets better and better. Today was strictly river and no lakes. We had a great day of paddling amongst the clear blue skies. We stopped at Michaud Farm for lunch and to check in with the ranger. Our lunch spot was set on a picturesque grassy lawn. After lunch we continued north until we reached Allagash Falls. On the way, we spotted more of the American Elm trees. When we reached the falls, we portaged our canoes in order to avoid the 40 foot waterfall. After setting up camp, we had the whole day to swim in the falls and jump off rocks! The girls had a blast!!

Day 10-Thursday, August 6

We had a first real rest today at Allagash Falls. It truly was a day of doing absolutely nothing. Everyone woke up on their own time and around

9:30 we made cream of wheat for breakfast. After breakfast, the sun was up and everyone headed back down to the waterfalls to soak up the sun and swim. We snacked and read books all day. For dinner, we made gado gado (pasta with peanut butter, soy sauce, brown sugar, sunflower seeds, and tabasco). Sadly, tonight is one of our last nights on the river.

Day 11- Friday, August 7

Today was our last day of paddling on the Allagash River. It was partly cloudy which made it a somewhat sad day to leave the river, but the scenery was still amazing. We paddled about 15 miles to Allagash Village and are camping at a rather interesting campsite with few trees and little privacy. After we set up camp, Devin and Huntley walked up to the store to buy soda and snacks for the girls. Around 4:00 we decided to give the girls a special treat and take them to the local diner. Luckily, it was cheap and had the most amazing bacon cheeseburgers, grilled cheeses, and milkshakes.

Day 12- Saturday, August 8

Today was a short day. We had a leisurely paddle on the St. John River to our pick up spot. On the way, we encountered some nice size rapids, which was a great way to end our last day. Once we made it to Pelletiers campground, we waited for the Wavus van to pick us up and take us rafting!

Day 13-Sunday, August 9

Our last day of the trip was probably the most exciting! We had a blast rafting on the Penobscot River! The river consisted of two 4 class rapids and one 5 class rapid, which were awesome. Everyone had a great time, and our raft guides were wonderful! We could not have asked for a better way to end our 13 day wilderness trip!

Beach Day

Allagash Buff's beach day was just what we needed. After coming back from a two week wilderness trip, the beach was a perfect way to regroup and relax. We woke up to a cloudy day but figured it would clear up so we headed south to Reid State Park. After about an hour car ride, we made it to the beach and what do you know, it cleared up! Although it was slightly chilly outside, the girls were brave and went for a swim. The day was spent relaxing in our crazy creeks, reading, and exploring the beach. For lunch, we made good ole PBJ's and turkey sandwiches along with carrots and chips. Around 3:00 we decided it was time to head out because it was time for Round Top! We quickly packed up and made our way back to Damariscotta. Although it was cloudy most of the day, we still managed to get some nice tans, and ice cream was perfect way to end our day!



Allagash Green

Elise Lindsey

JC:Alex Danz

Primer- July 25-26

After doing some paddle aerobics, we loaded the canoes and were on our way by 10:30 am. Destination: Finnimore's, just across from Kieve. We sang songs the entire trip to make the 4.2 miles seem less grueling. We arrived at our campsite within 2.25 hours and set up. We then quickly ate deli sandwiches and took advantage of the sunny day to practice our T-rescues. T-rescues went well and we were all entertained by the dramatic performance from Ari and Lexi as they got tangled in the lily pad vines. The cabin later took a swim and then spent time taking pictures, snacking, and chatting with some fellow Kieve campers. We had a delicious dinner of fajitas and rice & beans, followed by our favorite scrambled brownies. After dinner we played cards and the future game. We were soon forced by the bugs to go our tents. We slept in until 8 and had M&M pancakes to give us energy for the paddle home. This 4.2 mile trip was accomplished much quicker, 1.25 hours! After the primer we all were pumped for the real deal Allagash and were comfortable with either the bow or stern position.

-Elise Lindsey

Allagash Green- July 29-August 10

Day one- Woke up today at 5 am and surprisingly took only a few minutes for everyone to roll out of bed. Enthusiasm and excitement to get out on trip were felt all around and by 6:15 we were in the van and on our way to Hannibals crossing on the East Branch of the Penobscot River. The ride went

smooth (although a little bumpy on the dirt roads) and thanks to Emmy Ribet, all canoes were accounted for when we arrived almost 5 hours later. Our put-in site was extremely buggy which actually aided in the speed of getting into the river! The girls were moving faster than ever, untying canoes and moving boundary packs in record time! The river was absolutely beautiful; pine trees lined the shores and mountains peeked through the landscape. It reminded me of a postcard. We made it to the campsite in two hours and enjoyed the rest of the day swimming and laying in the sun. We had meatball subs with Tabasco sauce (thanks to Mary) and headed in for a good nights rest with hopes and sweet dreams of Mud Pond!

-Alex Danz

Day two- Today we woke up at 4:30 am to rain and loud counselors. After tiredly packing up our belongings into the boundary bags, we headed out for the day. While putting the canoes into the water, Lillie and Sarah capsized into the freezing cold water. We paddled for a little while until we got to "the store." We enjoyed delicious root beer, fresh bread and fudge before we continued our day. We had a long, but fun day of paddling and then we reached the beginning of Mud Pond portage. We arrived at four and began portaging our first three of six canoes.

Luckily, we were able to float the canoes due to the rain!

Mud Pond stayed true to its name; it was muddy as can be!

-Mary McAuliffe

Day three- Today we woke early after a short but much appreciated sleep. We are all ready to finish Mud Pond portage and kiss it goodbye! We packed up and left for the trail without eating much breakfast, all had one and

even two boundary bags on them and together three canoes were portaged. Luckily, the level of water was still on our side and we were able to float our canoes for the majority of the trail. It was long, hard work, but we finished as a team, going back and helping others who still hadn't reached the end. We decided to paddle a little ways before eating our cream cheese and bagels and crossed mud pond.

Further down the stream, the current turned into strong rapids and two canoes were flipped! One camper hurt her leg while capsizing and everyone pulled together to make sure she was ok. We continued on and paddled until gravel beach where we had lunch and met with Allagash Buff. After lunch we paddled some more and the winds picked up, but gash stuck together and arrived at Boy Scout with a smile.

Hungry for dinner we had cheesy pasta and scrambled brownies! Exhausted and full we stumbled off to bed.

-Greta Brown

Day four- Re-supply day! We met Sam at 8 am at Chamberlain Bridge. All were happy to get new gear and food and to get rid of trash and muddy sneakers and clothes. 2 girls went to the hospital to have injuries checked out while the rest of us waited in anticipation of them returning or not. During this time we took a rest day at Boy Scout campground. We were happy to have the Kieve boys join us and we shared omelets, swam and made Hard Core bracelets.

Around dinner time Mary and Emmy returned with news that they would be staying on trip! For dinner we had delicious chicken fajitas and peanut butter marshmallow goodness for dessert. The boys salivated over our food, but Roho ate some as a trade off

for his palace (huge bug proof tent).

With our gear and tents packed for an early morning departure, we all slept in the palace. Ended the night with a sing along between Gash Green and LV1 (clearly taking the gold) and got a good night's rest!

-Elise Lyndsey

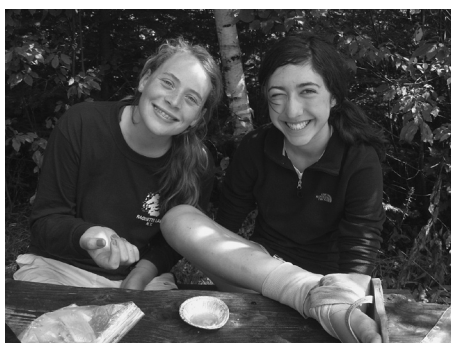
Day five- Today was a very challenging day. We woke up at 4:45 am and were on the water by 5! After five hours of paddling on Chamberlain Lake, we reached Lock Dam and went down some rapids! Less extreme than the previous Mud Pond rapids, it was a lot of fun. From there, we paddled onto Eagle Lake where the water became rough and the sky darkened shortly after. The waves became so intense that we had to hug the coast and even walk our boats at points.

Finally, we reached Pump Handle campsite and enjoyed a wonderful meal of Philly cheese steaks for dinner.

-Emmy Ribet

Day six- It was bright out when our counselors hollered, "Wake up girls!" at 6 am. We slowly got out of our tents and were then rushed to get ready by Alex and Elise. When we were in our canoes and Pump Handle was a distance away, we broke into song. After a short two hours, we arrived at Scofield Point (our campsite for the night). It was beautiful and we had all day to relax on the rocky beach surrounded by lake and mountains (perfect for tanning). After our first trip moose sighting, we had a buffet style lunch of homemade pita chips, guacamole, cold cuts, veggies and beef jerky. The rest of the day was a beach day; we read books, skipped rocks and napped in the sun.

Dinner that night was the best yet, tortellini with broccoli and pesto and for dessert we had cheesecake with



fresh strawberries on top. The chefs, Mary, Lexi and Lillie did a great job. Before bedtime photos were taken and games were played around the campfire until darkness fell.

-Sarah Kaplan

Day seven- Today we woke up at 6am and packed up in a record 40 minutes. We paddled the rest of Churchill Lake and reached the beginning of Chase Rapids by 8:30. We waited for two hours while Ranger Pat portaged our gear and were all very nervous for more rapids! We completed the four main sets of rapids in only fifteen minutes and continued down the rest of them with laughs and smiles. When we got to the end we ate a quick lunch and continued onto Umsaskis Lake which we finished, and even started some of Long Lake.... staying at Jalbert tonight and having rice and beans for dinner. The best part of the day was that we saw eight moose! Overall today was a great day!

-Erin Murphy

Day eight- Today we woke up at 6:00 am at Jalbert. We paddled through the Allagash and after a while we had to do a small portage. Then we continued to paddle down the river. We had lunch on Round Pond and decided to paddle to the river again. We stayed at Five Fingers and paddled a total of 19 miles!!!! We swam and ate delicious quesadillas for dinner. We went to bed early after a long day of paddling.

-Emmi Hodess

Day nine- Today we woke up at 6:00 and left our campsite by 6:40. We started off to a cold morning but it got warmer as we continued to paddle to Allagash Falls. As we paddled through some minor rapids we stopped at a ranger station and saw Allagash 2-from Kieve. We continued on and saw a sign that said portage canoes & gear because

of a dangerous waterfall. We portaged the canoes & gear to a campsite on Gash Falls, where we saw Allagash Buff. There we had mashed potatoes for lunch and went for a fun swim in the falls. We all went swimming and jumped off the rocks with Allagash Buff and Allagash 2. We hung out, played cards, and had delicious pizza for dinner. We were off to bed by 8:30.

-Arianna Miele

Day ten- We woke up at 8 and packed up camp, then we portaged the canoes to the end of the trail and brought our stuff after. Those who wanted to jump off the Gash Falls a few more times did. Then we paddled for 3 hours to our campsite, East Twin Brook. A group of 24 Mormon Boy Scouts camped next to us. We had a great time paying "aquarium" and learned how to fish. We had alfredo shells and went to bed.

-India Kline

Day eleven- We woke up at 8. Had a bar for breakfast and took down our tents. We then packed up our canoe and paddled for a good amount of time into Allagash Village for tasty milkshakes. Next we paddled to St. Francis. It took about 3 hours, we then met up with Buff waiting for their van to white water raft. We had a great dinner of garlic bread, spaghetti, and hot chocolate.

-Lillie Tuthill

Day twelve- Today we had a late wake up call and slept until 9, Canadian time 10. We're still in Maine but close to Canada. We ate muffins, Apple Jacks and Honey Bunches of Oats this morning. Sara & Jody picked us up and after checking and rechecking the canoe knots, we took the journey to the raft place. We played volleyball, had a fire, and had lots of fun with LV1. We had an amazing day and I wish it never ended!

-Lexi Dorman

Day thirteen- Woke up early to drizzling rain and packed up the canoe trailer. Had a tasty pot of oatmeal to warm our stomachs for an awesome day of rafting on the Penobscot River. Once we were outfitted in our rockstar wetsuits we headed out on a bus with LV1 and some other families for a rafting adventure of our lives. We were soon assigned our hardcore rafting guides, Diesel, Don, and James, who taught us how to paddle as a team and prepared us to conquer the class five rapids. After hours of intense paddling and screaming we stopped for lunch. The guides and cooks created a BBQ feast of steak, salmon, chicken, veggie burgers, GORP, rice pilaf, pasta salad, cookies and hot chocolate...the greatest meal in weeks, we were so appreciative. We were soon back on the river and quickly approaching "Lose Your Lunch" falls, and a 12 foot waterfall. We played around there for a while and then headed to the natural waterslides. We rafting fun continued for a few more hours and then we headed back to the lodge. There we

changed and watched the video of our day long rafting adventure. We were soon greeted by Sam to take us back to our home, Wavus. After a stop at Pizza Hut and McDonalds to satiate ourselves after two weeks of fast food deprivation, we were on a nonstop trip to get us to the place we love. We arrived at Wavus after 11 and full of energy to get packages and shower. What a great feeling to be back...but are already starting to miss trip.

-Alex and Elise

Beach Day

Sun and blue skies would have been the ideal setting for today, but the clouds and chilly august air still brought smiles and laughs to Allagash Green. We arrived at Reid State Park at 10:30 where we met up with our sister cabins, Buff and Mic-Mac. We played lacrosse, read books, played cards and made friendship bracelets.

Everyone decided to keep their distance from the ocean except for me who took a polar bear plunge! To make it a perfect day we got ice cream on the way back!

- Alex Danz

Iroquois

HBC: Belinda McGehee

JC: Lucy Lynch

Day 1

CAREY - 7/28/09

We woke up for flag this morning to a really sunny day then ate breakfast and double checked our things before we knew it everyone was piled into the van and we were off to begin our trip. When we reached Monson (our drop off point) the group had lunch before taking pictures. Then we set off down the trail to start our epic adventure.

The weather stayed clear and we were able to enjoy the 3 mile hike to our camp site Leemen Brooke. We settled into a site for the first time and had a dinner of grilled chicken sandwiches. After discussing our plans for the next day we said goodnight early to ensure we would be on our game in the morning.

Day 2

KELLY - 7/29/09

Today we woke up and had bagels with cream cheese for breakfast. We packed up and headed out at around 7:30. We hiked for about two hours

before taking a much needed break. For lunch we had pitas with peanut butter and jelly. Then the day got a bit strenuous. We had three river crossings before making it to Wilson Valley Lean-to. There we were able to relax and we had quesadillas (made by Carolyn). We hiked a good 7.3 miles today. Now REST for the 8 we have tomorrow.

Day 3

CAROLYN - 7/30/09

It was raining really badly this morning, so we decided in our best interests to wake up late. We had bagels and peanut butter for breakfast in the lean-to at Wilson Valley. From there we set out on a soggy and soaking venture. The day began to clear up substantially around 9, lucky for us. The night before had consisted of torrential downpours and we had four river crossings today. Our goal was to reach Cloud Pond Lean-to. Little did we know the adventure we had in store. The rivers were extremely swollen and difficult to cross. The first three rivers were crossable (although too much difficulty) but the fourth was the largest and most treacherous to cross. We ended up relying on our good trail friends, Mommy and Son, to help show us a 4 mile alternate route to a bridge over the river. This venture led us through the Amazonian outback of northern Maine. The sad conclusion is we only made it 4 miles on the AT today, no Cloud Pond. Long Pond Lean-to for the night.

Day 4

CAREY - 7/31/09

We woke up in Long Pond to a lazy, slow morning. We made pancakes and were visited, once again, by a close friend from the trail. After catching up with Son we made our way to Cloud Pond (4 miles up Barren Mountain). We

took our day of hiking slow because of the uphill. We were sure to take a long break during the peak of our hike. Eventually it began to turn drizzly which became a heavy rain by the time we reached Cloud Pond Lean-to (aka Club Pond). As it rained outside we chilled in the lean-to. We snacked and started making dinner thinking, naively, that we would be alone. About 3 seconds later, a camp of about 13 campers rolled up to share the lean-to and we were also joined by Daddy and Hot Son, who were followed by a group of interesting German thru hikers, who were followed by another couple. We gave our neighbors our extra food and got some shut eye. P.S. Pizza was absolutely delicious (Carolyn again).

Day 5

KELLY - 8/1/09

Today, we woke up at 6, had bars for breakfast and then departed from Club Pond. We hiked about 7 miles which included four mountains. Highlights of the day were: more mud falls (BELINDAAA), seeing Hot Son, and some totally awesome grilled cheese for dinner! Lunch was pb&j and there were some really good photo-ops. We stayed at Chairback Gap Lean-to for the night. P.S. Tomorrow is re-supply and Laura comes!!

Day 6

CAROLYN - 8/2/09

The day started out wonderfully: clear skies and re-supply day! The morning hike went well, a solid four miles downhill and our re-supply went pretty well, too...for the most part. Sadly we lost one of our campers and gained a new one. The delay set us back several hours through some miscommunication and transportation complications. We hiked several miles,

partially in the rain and less than sunny conditions, with heavy packs to Carl Newhall Lean-to. It was a little dark as we arrived to the lean-to. There were some other hikers already settled in the lean-to so we had to silently cook fajitas in the dark. We went to bed in the rain. Quite an exhausting day! At least Laura's here now.

Day 7

LAURA - 8/3/09

We woke up after a pretty bad rain storm the night before. We had a silent breakfast of bagel and cream cheese and we started hiking around 7:30. We had 4 mountains to climb today and we were all pumped. The first two were pretty steep and didn't have any good views (neither did the third) but from what we heard the fourth, White Cap Mountain, had spectacular sights...and it did! We spent around 3 hours on top of that mountain eating and enjoying the sunshine. Finally we decided to start moving again, and make it to our campsite, Logan Brook Lean-to, which was a little chilly but there was no rain so we were happy. We had a delish meal of pasta alfredo with broccoli. YUM! We all slept really well that night! What a great day.

Day 8

CAREY - 8/4/09

We woke up to our new found favorite breakfast, granola and grape-nuts with powdered milk. We were out of camp a little after 8 and started on our walk through that messy forest where we reached our river crossing. Belinda took on the river first and about $\frac{3}{4}$ of the way across Belinda lost a boot. She then began to go downriver and swim after it. After we had all crossed we decided to "take five" or code for a 2 hour packs off break. It was one o'clock and we still had 8 more miles to hike

that day... OOPS. 2 mountains in front of us, once the mountains were tackled at about 4:30, a road popped up and we spent a good 40 minutes chatting. Finally we realized where the time had gone when some hikers pulled up and reminded us of the 3.5 more miles we had left to hike. We set off to Cooper Brook lean-to and finally reached our campsite delighted to an unusually well kept privy and Chewonki. After some good rice and veggies it was lights out.

Day 9

CAROLYN - 8/5/09

Day started out rainy(ish) but turned out to be really sunny. We had a good start, completing a solid 8 miles before lunch! We took a LONG rest break at Antler Camping site...worked on our tans. The day went by mostly uneventful. Once we got to the camp site we met some French Canadians (FCs) and we met some totally awesome thru hikers. The evening festivities included swapping stories, learning new games, and watching some cool hiking pyrotechnics. We learned a French game involving a hot coal called Tisson. We had a great day and a fun evening. Loving the weather... we stayed the night at Potaywadjo Lean-to.

Day 10

LAURA - 8/6/09

Finally double digits! (days on hike). We woke up this morning at Potaywadjo Spring and were ready for a very easy, flat day of hiking. We had our homemade granola bars and peanut butter for breakfast and then started for the trail. We took a few breaks before lunch (pb&j) but nothing too long because there was a sandy beach we were determined to get to early. We didn't quite make it to Sandy Beach but



instead we lounged, ate and swam at a gravel beach. It was beautiful! After about three hours we decided to pack up and head to our camp site (Wadley Stream) which was nice but pretty crowded. The thru hikers we had met the other night were there as well as the FCs, and a large group of guys from Outward Bound. We had an awesome dinner which was pasta, brown sugar, sunflower seeds, oil and garlic powder. DELISH! After we hung out at the fire and played a little bit of Tisson. We got to know some of the hikers. It was a lot of fun to meet so many different people on the trail.

Day 11

CAREY - 8/7/09

We woke up early to make oatmeal for the first time on the trail, then started off to tackle Nesundabunt Mountain. It was a very steep climb but had a great view of Katahdin at the summit. After a while it started to rain and we majorly picked up our pace for the nearest lean-to, Rainbow Stream. We had PB&J again for lunch as we discussed trying to push on to Hurdbrook Lean-to 11 miles onward. Eventually we decided Rainbow Spring, our original point of destination, would be the best place to stop. We were all exhausted. Muddy and freezing we ate up the rice following and hit the hay early (5:30ish) so we could be prepared for STORE DAY the following morning.

Day 12

CAROLYN - 8/8/09

STORE DAY! Today we finished our 100 mile journey. It was a lovely day and we got to Abol Bridge and Store at about 3. We woke up at Rainbow Spring Campsite and had to hike 11ish miles. Oh the afternoon we had! The store was amazing and provided great food and amusement.

In a good 3 hours we all found a renewed love for rafting and bacon cheeseburgers. The afternoon was great and well completed with many amusing passersby...But all ended well! Katahdin in two DAYS!!

Day 13

LAURA - 8/9/09

We woke up fairly early at Abol Bridge Campsite and enjoyed raspberry poparts as we packed up to head into Baxter. We took the ten mile trail to complete the AT into Baxter and got into Katahdin Springs around 2:30. We binged on pretzels, GORP, crackers and cheese and basically all the food items we had left. (Snickers!!). We sat around waiting for Jodi and Sarah to come and bring us across the park. We also met some of our hiking friends as they completed their marvelous 5 month journeys. It was an amazing day.

Day 14

CAREY - 8/10/09

We slept in today!! From about 10 to 12 we ate all of our snack food and hung out in the lean-to. We dragged ourselves to pack up and start the 3.5 mile trek uphill to Chimney Pond. For our service project we moved some pieces of a torn down lean-to for fire wood. Then more hanging out into the long hours of the afternoon...and eating A LOT of Oreos. Again we waited for Jodi and Sarah, although this time we were anxious to see if Ranger Bill let them onto the trail... They showed up at about 7ish and we made a huge feast and hung out for a while before hitting the sack. Baxter Peak tomorrow!!

Day 15

CAROLYN - 8/11/09

FINAL DAY Katahdin woot!! Great final day of hiking! We stayed in a bunkhouse up at Chimney Pond 3.5

miles up from the base of Katahdin. We woke up super early and hiked up Cathedral Trail to Baxter Peak. We appeared to be the first to the top for the day. The views were amazing and we took many pictures. We came down the Dudley Trail via Knifes Edge and then all the way down the mountain by 2(ish). What a great finish to an amazing trip!

Then we went to Pizza Hut and ate A LOT of food.

Snowgoose

After an awesome but difficult trip, we were all very excited to relax on the Snowgoose. Even though the weather looked a little overcast, it was rumored that the sun would be out soon. On the Snowgoose we were joined by the Algonquin cabin, which kept us very entertained. We spent the morning tanning, reading and pulling up lobster traps. We then stopped for lunch and swimming. It was a great day and we ended it with a much needed trip to J-Scoop.







Wavus by Lydia Erdmean

Here at Wavus we like to play
 But there is some work through the day.
 You can make new friends
 But that all depends ...On the way you
 share your heart.
 Hold out a hand,
 And try to expand... A little more room
 for them.
 No need for money
 Or to try to act funny
 Just give them a little love, they should
 love you back,
 But remember...just be yourself!



A Day at Wavus

7:30 - 8:00 a.m.	Reveille and clean up (add ½ hour on Sundays & rainy days)
8:00 a.m.	Flag Raising & Songs
8:10 a.m.	Breakfast
8:40 - 9:10 a.m.	Duties, Cabin Clean-up
9:30 - 10:20 a.m.	First Activity Period
10:30 - 11:20 a.m.	Second Activity Period
11:30 - 12:20 p.m.	General swim
12:15 - 12:30 p.m.	Free Time
12:30 p.m.	Lunch/ Afternoon Activity Sign up
1:15 - 2:15 p.m.	Rest period
2:30 - 3:20 p.m.	Third Activity Period
3:30 - 4:20 p.m.	Fourth Activity Period
4:30 - 5:15 p.m.	General swim
5:15 - 6:00 p.m.	Free Time
6:00 p.m.	Dinner
7:00 - 8:00 p.m.	Evening Activity
8:00 p.m.	Flag Lowering and Taps
9:00 - 9:30 p.m.	Lights Out
9:30 - 10:00 p.m.	Flash Light Reading

We Were Busy With...

ARCHERY ENVIRONMENTAL POTTERY
ARTS AND CRAFTS DISCOVERY TENNIS
BOATING FISHING – spin cast and fly ROPES
Sailing, canoeing, FIELD SPORTS RIFLERY
kayaking Soccer, kickball, SWIMMING
BAKING/COOKING badminton, volleyball, WOODWORKING
basketball

And In The Evening With...

Cooking, board games, knitting/crocheting, drama/improv,
music, Wavus Log (newsletter), water volleyball, talent shows,
specialty crafts, community service, star gazing with a tele-
scope, evening fires with storytelling and s'mores!

Wavus Dictionary: Campisms

announcements (a-NOWN-smants) noun: the declaration of daily information that is preceded by the infamous “ANNOUNCEMENTS!” song (you know how it goes), and is directly followed by the actual announcements
use: “Does anyone have any **announcements**?”

the Beaver (BEE-ver) noun, place: the infamous (and hidden) counselors’ lodge, reportedly said to have a giant candy aisle, movie theater, Olympic-size swimming pool, and llamas; located under Andrew’s Hall
use: counselor: “I was in **the Beaver** this morning, and it is a complete mess!”

Buff and Green (BUFF and GREEN) nouns, classic Wavus: Buff and Green refer back to ye olde days of Wavus Camps; whenever teams were split up for sporting events, they were assigned either the color Buff (a creamy off-white) or the color Green (in this case, the Wavus Green – forest green)
Use: “For tonight’s game of Capture the Flag we will be dividing into two teams: **Buff and Green!**” (then you have to explain to the kids what kind of color “Buff” is...)

the Gash (GASH) noun: abbreviation for the Allagash Cabin, can be used to refer to the cabin. Or its residents, as a whole
use: Upon the Allagash’s arrival from northern Maine, campers shouted, “**The Gash is Back! The Gash is Back!**”

Giles the Gnome (GUY-yuls the NO-mm) proper noun: a specific gnome found here at Wavus; Giles has a knack for hiding
use: “Has anyone seen **Giles the Gnome**?”



E.A. (eee-ay) noun: one of the many abbreviations for things at Wavus, E.A. is short for “evening activity”
use: “Hey, do you know what the **E.A.** is for tonight?”

FIND IT! <clap clap> **FIND IT!** <clap clap> exclamation: when someone has lost or misplaced an item, they are met with this chant
use: “I lost my water bottle!” crowd yells, “**FIND IT! FIND IT!**”

FOUND IT! <clap clap> **FOUND IT!** <clap clap> exclamation: when someone has found an item that does not belong to anyone, and wants to let the group know
use: “I found this water bottle down by the docks.” crowd yells, “**FOUND IT! FOUND IT!**”

G-Swim (JEE-swim) noun: abbreviation for *general swim*
use: “I found a leech at **G-swim!**”

G.O.R.P. (gorp) noun: abbreviation for “good old raisins and peanuts,” commonly used as the name for any trail mix
use: “*I can’t believe we ate that giant bag of G.O.R.P.!*”

GUN SHOW (gun-SHOW) noun: referring to one’s giant arm muscles
use: “*Check out this GUN SHOW!*” <flexes arms and grimaces>

O.R.T.-free (ort-FREE) adjective: abbreviation for *organic trash-free*, generally referring to when one has eaten everything that was on her plate, also can be used as a chant

uses: a.) “*I’m totally O.R.T.-free!*” <shows friend a completely clean plate>
b.) one group shouts, “*Yippee, Skippee, we’re O.R.T.-free!*”, another group shouts back “*Yippee, Skippee, so are we!*”

the Penguin (PEN-gwin) noun, place: the infamous (and top-secret) campers’ lodge, reportedly said to have an even bigger candy aisle than the Beaver, I-MAX theater, a roller coaster, giant ball pit; and actual penguins; located inside one of the port-a-potties on the Point

use: camper: “*Whew! I just came back from the Penguin...I’m a little dizzy from the roller coaster!*”

skip around the room (skip-aROWND-the-ROOM) phrase: when it is one’s birthday, or an otherwise momentous occasion, one is forced to actually skip around the room as a form of celebration, used as a chant

use: “*Skip around the room, skip around the room, we just won’t stop until you skip around the room!*”

Swim USA (SWIM-ew-ess-ay) noun: part of the waterfront program, Swim USA is an activity where the participants swim “across” the whole USA. Each state is worth a certain amount of laps, depending upon its size (for example, Maine = 20 laps, while Texas = 55 laps), with a total of more than 1,000 laps for the whole country

use: “*I finished 5 states at Swim USA today!*”

Wavoose (wav-OOS) noun: one hailing from Wavus Camps; adjective: describing something from or unique to Wavus Camps; slang: for Wavus Camps

uses: a.) “*Here come the Wavoose!*”
b.) “*I was competing in the Wavoose Iron Girl events.*”
c.) “*Welcome to Wavooooose!*” (extra “oooo”s for dramatic effect)



Giles & Delphinium



Regrettably Giles & Delphinium are on sabbatical and we have been refused the right to contact them per orders of the Gnome King. We have been assured, however, that they will be returning to us for 2010, and will be bringing a guest for the summer season!

Giles & Delphinium left me with this question before their mysterious disappearance. Hopefully you can help me solve the riddle: Who *Abundantia venustas undigue sono*?



Gnome Search

Email Suse (suse@wavus.org) with the number of times Giles and Delphinium each appear in this annual, as well as the answer to the riddle. Win a prize if you are correct!! Prizes will be awarded when campers arrive at camp for summer 2010.



Wavus

by Mia (Algonquin)

Wavus is a camp,
a very special camp
Where kids play and dance
and have fun,
singing and laughing
all through the day!



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Kieve West Session I

First Update:

Hello Kieve West I Families and Friends!
News from Leadville, CO....

After living and playing and packing at 10,000 feet for the past three days, twelve Kieve West students and three instructors went down to the paltry elevation of 8,200 feet to begin their backpacking expedition from the town of Minturn. In just the first few days of their course on campus, I have watched these students jump into this experience with enthusiasm, wonder, kindness to each other, and fun! In their days on campus, students packed and organized their food rations for the next twenty days, began learning about various wilderness skills such as pitching backcountry tarp shelters, set individual and group goals for their expedition, day hiked (in pouring rain!) to a high alpine lake, laughed and told stories around the campfire, reconnected with longtime camp friends, and began to form great fun friendships.

But all of that was just leading up to the beginning of their true adventure. Today I watched fifteen backpacks get loaded into the back of our bus. Then I climbed on board the bus and said my last goodbyes to your sons and daughters. In their backpacks I

knew that they had everything that they needed to eat well, sleep warmly, and travel well in the Colorado wilderness. From the looks on their faces, I knew that they had the nervous excitement, the willingness to learn, and the desire for exploration to make this expedition incredible and so memorable for everyone.

This will be just the first leg of their Kieve West course. For this portion of the journey, the group will travel through the Mount of the Holy Cross Wilderness, a lush landscape of roaring rivers, full forests, and high, snowy peaks. Students and instructors will travel in small hiking groups during the day, getting time each day to really get to know each other and practice their wilderness and navigation skills. Each night, the whole group will find and make camp together and enjoy true backcountry living - staring up at unbelievably starry skies, listening to the absence of any man-made noises, cooking for themselves on small camping stoves, sleeping huddled into a sleeping bag, and waking up each day with the sun, ready for the next day's hike.

This section of their hike is 10 days long, but we will be seeing them in 6 days so we



can re-supply their food. At that time I will have more to report, and I will pass along more specific notes and stories about our Kieve West campers.

Second Update:

More news from the field! Yesterday, we re-supplied the group with food, and so we were able to check in with campers and instructors on how everything was going. The group is certainly in high spirits. The weather has been absolutely beautiful lately (which in Colorado means hot and sunny in the morning, wild and dramatic thunder clouds and showers in the afternoon, and starry skies at night). This Kieve West group definitely seems to be pushing themselves hard physically - and loving it! The group is powering through long hiking days in challenging terrain. Each day, the campers are hiking in smaller group to practice their navigation and leadership skills.

Two days ago, the group all climbed together to the top of Grouse Mountain, a 13,000 foot peak in the heart of the Holy Cross Wilderness Area. Waking up close to dawn, the group trudged up hill with day packs to summit the peak and rejoice together - a tangible reward and accomplishment, and just one sign that this group is well on its way to becoming an expeditionary force!

One sad note from the field, one of the campers, Mandy Mathias came down with a stubborn stomach flu bug, and she needed to come out of the field and return home. Mandy wanted nothing more than to stay with her group in the wilderness, but her body was telling her that she shouldn't do it. Mandy recovered well for a couple of days here at HMI, and we know that Mandy has many more adventures and expeditions in her future. I'm sure that her group will continue to carry her spirit with them along their expedition this summer.

Looking ahead for Kieve West I, the group is planning on continuing their sturdy hiking pace walking as this first backpacking section moves along. Everyone seems to be fit and getting fitter! We will next see the group on July 7th when we will pick them up, bring them back to HMI for

some quick showers, and then shuttle them on to their next trailhead where they will head into a backcountry hut for their 3-day Wilderness First Aid and CPR course.

All of the best from Colorado!

Third Update:

You will be happy to know that your sons and daughters showered today. Today was a big transition day for the group. We picked everyone up at Lily Lake this morning at 7:00 AM and drove back to HMI for a big breakfast, gear organization and re-packing, wilderness first aid prepping, and (of course) showers. It was so great to see everyone, and to see everyone still smiling and laughing and playing with each other! This group has continued to fully embrace the physical challenges of our Rocky Mountains - hiking long distances most days, summiting two peaks, and loving it all (ok, loving most of it).

For this update from the field, we have a special treats - actual words from the field! Here are two transcribed notes from Kieve West I:

Just Another Day in Colorado
"Colorado is the REAL DEAL! After summiting Mount Homestake today (it's approximately 2 and a half Katahdins) we are un pequio cansadamos. This Colorado] backcountry is a whole different ballgame [compared with Maine]. Tomorrow we move on and begin joining the ranks of prestigious certified wilderness first aiders. This promises to be a grueling 3 days in the huts of the famous 10th Mountain Division.

We have learned SO much in the first half of the trip, and we know that the best is still to come - including a summit attempt of Mt. Massive [Colorado's second tallest peak at 14,332 feet] and rafting the swift rapids of the Arkansas River.

We have been awake since 4:00 AM.

Good night Moon."

Cooking in the Backcountry "When food is good in the backcountry it is great and delicious. However, when meals are bad, they can be awful! On our Kieve West expedition we have indulged in meals fit for kings and queens - with a few minor

exceptions. Some [of the exceptions] that come to mind include the Tabasco flavored cream of wheat, the chunky Gato-Gato, and the canned chicken with an Asian flair. Despite our few culinary mistakes, many meals have proven to be quite appetizing. Personal favorites include cheesy pasta, scrambled brownies, and M&M pancakes. Perhaps the best (and most challenging) thing that we've made has been bread. Yes, that's right, on numerous occasions we [by we, I mean the girls] have baked our own homemade batches of backcountry bread! And the boys never fail to create unique recipes! Although we all have our strengths and weaknesses in the kitchen, there is no doubt that cooking in the back country is tough AND extremely rewarding!"

And so now the group is heading to Sangree M. Froellicher Hut for their CPR and Wilderness First Aid course. For three nights they will live together in a beautiful cabin in the middle of nowhere, learn how to take care of themselves and others, and sleep on real beds! Then, it's back to hiking and wilderness camping for the group - 6 more nights backpacking, including a peak ascent attempt at Mt. Massive, 2 days of rock climbing, and more navigational and off-trail hiking challenges.

Parting words from one of this year's Kieve West students: "This is the good life!"

Fourth Update:

Your sons and daughters are now on the homestretch of their Kieve West adventure! This morning I picked up the group at the trailhead where they had hiked out from the 10th Mountain Division Hut. For the

past two and a half days they have been studying wilderness medicine and earning their certification to give Wilderness First Aid.

Amaury tells, "As we finished our quick visit to HMI, we headed off once again. Our next destination was Sangree's Hut. We arrived at the trailhead at 12:30 and hiked two miles to the hut. When we arrived, we realized the hut was paradise with a great view. We immediately started our Wilderness First Aid and CPR course with our instructor, Liza. We learned how to find a pulse and give rescue breathes. We finished off the afternoon with a few scenarios. Then we had a delicious dinner of burgers and hung out for the rest of the evening."

For the next two days, the kids learned how to make splints, treat lacerations, help a patient recover from shock, and secure a spinal injury. The Wilderness First Aid classes are structured as a series of lectures interspersed with hands-on scenario practice. Learning took place both inside and outside, using the natural world to create realistic scenarios. They also had fun using props and makeup and feign injuries. The kids learned how to take care of themselves and others in backcountry medical situations. This is surely something to be proud of and useful skill to have acquired!

During their stay at the hut, the group celebrated Bobby Shupe's birthday with cake and candles. For dinners, they had a Mexican dinner fiesta as well as a delicious stir fry. On the second night, the entire group summated Buckeye Peak while the moon was full, a highlight for all. They also made some roaring bonfires with s'mores to top it all off.

Overall they seemed to really love their experience staying at the hut and receiving their certifications in Wilderness First Aid. Everyone was energized, smiling, and ready to take on their next challenge: backpacking through the Sawatch Range. They have six more nights backpacking, including a peak ascent attempt at Mt. Massive (the second highest peak in Colorado at 14,421'), and



then two days of rock climbing. During these six days, they will encounter more navigational and off-trail hiking challenges. They will be able to put all of their new and relearned skills to practice.

We are excited to hear all about this final backpacking and climbing section when they arrive back to campus next Thursday. Then they'll have a final day trip white water rafting on the Arkansas River before heading home!

Fifth update:

We just welcomed your children back to campus today; they've finished their backcountry section! For the past six days, the group has been backpacking and rock climbing in the Sawatch Range. They began at the very southern edge of Mt. Massive, Colorado's second highest 14,000 foot peak. From there, they spent three and a half days traversing the wilderness surrounding Mt. Massive. They arrived at a base camp that sits right next to the Continental Divide and spent two and a half days rock climbing there. Today, they arrived back on campus in time for lunch, and since then have been de-issuing all of the gear they've been using for the past fifteen days. They are in the midst of taking well-earned showers before regrouping and doing group activities for the rest of the day. Tomorrow, their last full day here in Colorado, they will pull on wetsuits and head to the river for an exciting day of white water rafting on the Arkansas River.

Here are some highlights from the final part of their route:

On the second day of this hiking section, the group succeeded in summiting Mt. Massive, the second highest peak in Colorado at 14,421 feet. In order to do this, they woke up at 3 am, began hiking at 4 am. Luckily, the weather held and they made it to the summit by 9:30 am. Everyone loved the hike and the spectacular views from the top. This is a great achievement for any group - they should be proud!

Next, the group got to experience "Independent Student Travel," or IST. The group divided into two hiking groups, each group having a student leader. They

planned their route and hiked the entire day as independent student groups. They passed Native Lake, went through the "Notch," and continued down to Hagerman Lake. One group went a little too far, but made it to camp just fine. The other group, who had calculated their hiking day to take 8½ hours, made it to camp in only 4 hours even though they were traveling off-trail! Fast hikers!

Then the group set up a base camp near Hagerman Pass for the next three nights. They were rock climbing for 2½ days there, trying out different sport climbing routes and some bouldering. Though some of them were afraid of heights, they all tried it! They also described one climb they loved; once they got to the top, they rappelled down.

Last night, their final night of backcountry camping, they had a solo experience. For almost all of them it was their first time ever camping out in the wilderness alone. We brought them each a solo tarp and some extra food so that they could spend the night under their own shelter, apart from the group (but not far from the instructors). It was a clear and starry night, and everyone enjoyed this time of reflection and space from the group.

Overall, the trip has been a phenomenal success and everyone is wearing big smiles. We look forward to hearing about their rafting adventures tomorrow!





Kieve West Session II

First Update:

Hello parents and families of Kieve West II!

It was only a few days ago that your children arrived to HMI to start their Kieve West experience. In these first days, they sure have been busy! Over the past two days they: packed all of the food they will need over the next fifteen days, sorted out all of the gear they'll be using, packed their packs, went on a day hike to a nearby peak, and just this morning, left for the first part of their backcountry experience.

I dropped them all off at the Buckeye Trailhead this morning. From there, they were to hike about three miles to the backcountry hut where they will be living for the next three days while they take their Wilderness First Aid certification course. They are staying at Sangree's Hut, one of the 10th Mountain Division huts located in the heart of the Sawatch mountains. With spectacular views and cozy lodgings, they will surely have one of the most beautiful first aid course experiences heard of!

They'll be up there until Sunday morning, with two and a half full days of First Aid and CPR training. After that, we will shuttle them to another Trailhead, and from there they will begin their backpacking section. First they will travel south through the Holy Cross Wilderness area, then they'll stop to base camp and rock climb for a few days in the middle of their route, and finally they'll continue backpacking south, across the base of Mt. Massive (Colorado's 2nd highest 14,000 foot peak), through the Sawatch Range. They have a beautiful route with challenging terrain. Then, before returning home, their last day will be spent white water rafting down a section of the Arkansas River. A full and busy itinerary lies in wait for them!

Paul and I were quite impressed with the group in their first few days together here on campus. They seemed to be bonding with each other quickly, and every one of them seems enthusiastic and excited about the trip. We have a great feeling about them

as a whole group, and know they will have a blast out there!

Look for another update to come Sunday or Monday, after we shuttle them to their backpacking section and get news about their experience at the Hut.

Second Update:

Your sons and daughters have really begun their Kieve West adventure! This morning we picked up the group at the Buckeye Trailhead where they had hiked out from the 10th Mountain Division Sangree's Hut.

For the past two and a half days they have been studying wilderness medicine and earning their certification to give Wilderness First Aid. The kids learned how to make splints, treat lacerations, help a patient recover from shock, and secure a spinal injury. The Wilderness First Aid classes are structured as a series of lectures interspersed with hands-on scenario practice. Learning took place both inside and outside, using the natural world to create realistic scenarios. They also had fun using props and makeup and feign injuries. The kids learned how to take care of themselves and others in backcountry medical situations. This is surely something to be proud of and useful skill to have acquired!

A highlight mentioned about their stay at the hut was when the group made a campfire and had s'mores. They also did some incredible star-gazing. For dinners, they had a Mexican dinner fiesta, a backcountry BBQ, and a delicious stir fry. Overall they seemed to really love their experience staying at the hut and receiving their certifications in Wilderness First Aid. Everyone was energized, smiling, and ready to take on their next challenge: backpacking through the Holy Cross Wilderness.

They have seven days of backpacking before we meet up with them again at their rock climbing base camp where they will have their rock climbing clinic for three days. During these seven days, they will learn how to read topographic maps, learn

how to camp using Leave No Trace (LNT) principles, encounter navigational and off-trail hiking challenges, and continue to bond as a group.

Third Update:

Kieve West II has been living in the backcountry of Colorado for 11 nights now. Today they got a brief taste of the real world when we met them on the trail to re-ration their food supplies for the second half of their backpacking trip. I am happy to report that all is well! Campers and instructors are happier, healthier, stronger, and a bit smellier than when we last saw them over a week ago.

For the first portion of their backpacking journey, the group hiked almost the entire length of the Mount of the Holy Cross Wilderness Area. Students have traveled on and off trail, learned and practiced Leave No Trace ethical principles, learned and practiced map and compass navigational skills, cooked great meals (most of the time) on backcountry stoves, and much more! In addition, the group has also:

- Star gazed under perfectly cloudless Colorado night skies.
- Baked backcountry pizza at 11,000 feet using WhisperLite camping stoves.
- Hiked long distances quickly and effectively.

- Climbed to and over the Continental Divide.

- Had to duck into the trees for shelter when a summer hail storm hit them on the Continental Divide.

- Laughed a lot.

Today was not only their re-ration day, but also their first of three rock climbing days. For the next two nights, the group will be base-camped near Hagerman Pass. During the days, they will visit up to three different backcountry (meaning no one else using them!) climbing areas - giving them all plenty of opportunity to challenge themselves both physically and mentally. For many, this will be their first real, outdoor rock climbing experience! When I left the group this afternoon, every student was harnessed and helmeted up, everyone had learned the basic safety skills, and already a handful of students had made it to the top of some of the climbs.

I am also happy to report that the group seems to be loving their Colorado hiking days. They are hiking really well, and even asking for more challenges (sometimes). After their rock climbing experience, the group will have five additional nights backpacking. They will head south, traversing the slopes of Mt. Massive. During one of these days, they will leave their camp set



up, don't light day packs and attempt to summit Mt Massive (Colorado's second highest peak at 14,421 feet). Their summit day is planned for August 1st - everyone pray for good weather!

And so all going great with Kieve West II! We'll keep you updated with another message when they return back to HMI after their backpacking section is through. Until then, please feel free to contact us with any questions you may have.

The journey continues....thanks for coming along!

Fourth Update:

Hello, Kieve West II families! Wow, it seems like a long time that your children have been out roaming in the wilderness of Colorado! Today, everyone is returning safely (albeit quite a bit smellier) to HMI. The group arrived back on campus just before lunch. Soon afterward, all campers dived into (ok, "devoured" is probably even more accurate) a lunch of fresh fruit, tuna melts, chips and guacamole, and homemade butterscotch squares. Although the group has certainly learned how to fend for themselves and create wonderful backcountry meals, I think everyone was very grateful for a meal prepared by someone else!

The second half of Kieve West's backpacking expedition was truly expeditionary - full of adventure, excitement, intrigue, and success. As Colorado weather has the tendency to do, it reared its fierce face to the Kieve campers soon after they left their rock climbing basecamp. For 2-3 days, swirling weather patterns brought both hot, sun-shiney weather, and just about everything else. The group saw and camped through just about every possible extreme weather condition - heavy rain, thunder, lightning, hail! Students definitely got first hand experience and learning with what to do in the event of close lightning strikes in an alpine environment. These experiences also made for great, fun stories and meaningful, group bonding time. For sure, you will hear tales of the "lightning strikes from on top of the Continental Divide!"

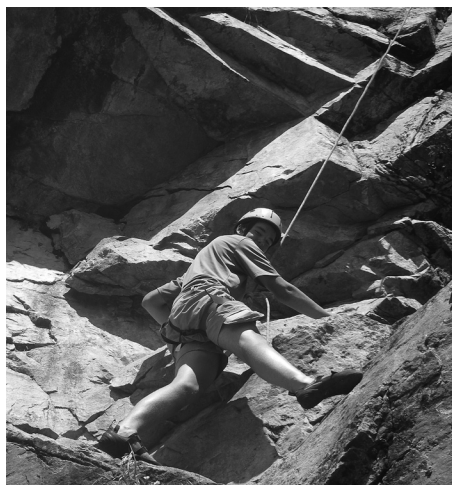
On the second half on their backpack, the group was also faced with their largest physical challenge - a summit attempt of Mt. Massive, Colorado's second highest peak at 14,421 feet. The night before the group's peak ascent day, students and instructors were huddled in their tents at 11:30 PM listening to the sounds of rain bouncing off their nylon tent flies and the claps of deafening thunder rolling in the distance. I'm sure most everyone had that same thought, "Are we even going to get a chance to hike to the summit?" The next morning, the group awoke (at just before sunrise) to perfectly clear skies! The thunder clouds had passed, the day would bring only bright blue skies and hot sunshine for Kieve West! The whole group made it to the peak - gaining over 3,000 feet of elevation in a single day. At the summit, the group even had enough energy to perform a lively "Banana Dance" (you'll have to ask your child for a repeat performance)!

For the final two days of the group's backpacking trip the weather remained perfect and the group's energy and performance seemed to be at an all-time high. Today when I asked Phil, one of the instructors, how the group has been the last few days, he told me, "We're all just a great family now."

The group has now cleaned all of their group gear, cleaned their bodies, and begun to settle back into "front country" living. They just left campus for a quick trip into Leadville town for some more exposure to the real world and visit to the local thrift store for costume shopping, tonight's agenda.... "Funky" Bowling Night!

Tomorrow morning, the group will trade their backpacks in for life jackets and head out for a white water rafting day trip on the Arkansas River. Their last full day in Colorado, the promises to be bring fun, laughter, and (of course) a lot of splashes!

That's it for now. You'll hear tons more in person in only a few days!

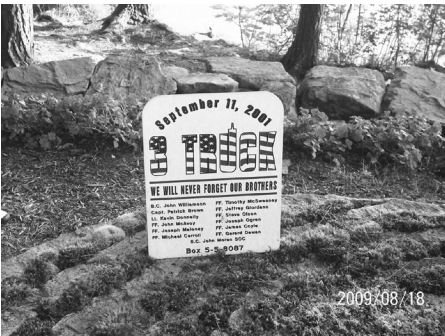


Kieve's 9/11 Family Camp

Kieve hosted the 8th Annual Family Camp for families affected by the September 11th tragedies. Individuals and families from FDNY Ladder Co. 3 & Battalion 6, Rescue 1 and Cantor Fitzgerald in New York as well as The Pentagon all arrived at Kieve for another fun-filled week on the shores of Damariscotta Lake. According to 9/11 Family Camp Director Russ Williams, "thanks in part to the beautiful weather provided by Mother Nature, we had another incredible week together".

Part of the success of this week is the local community's involvement. Kieve sends thanks to the many local businesses and sponsors including: Yellowfront Grocery, Big Al's Super Values, The Pemaquid Fisherman's Co-op, Mook Sea Farm, Weatherbird, Hannaford, Artsake Framing, Judy & Louis Doe, O'Hara Ice, Grill Zilla, Round Top Ice Cream, Flowers by Judy Doe, Lincoln County News, Coastal Maine Botanical Gardens, Sysco of Northern New England, North Center Foods, Aw Shucks

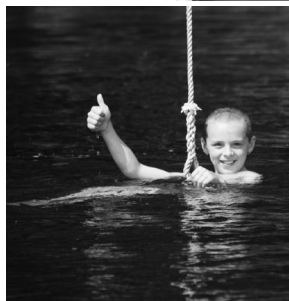
Oyster Shucker, Gritty McDuff's, Shipyard Brewing, and The Boothbay Railway Museum. In addition to all of the wonderful discounts or donations by these businesses, Kieve sends thanks to the individuals who have helped raise the funds each year to offer this expense-free week for these individuals and families. Special thanks also go to the McDonald family who has organized the Joe Mac Open golf outing to honor Joseph McDonald who worked at Cantor Fitzgerald. The proceeds from the Joe Mac Open have helped our 9/11 Camp for the past four years. Kieve would also like to recognize and thank the volunteers who helped make this year's camp a special success: Bill, Ann, Liz and Topher Mallory, Rich and Mimi Roughgarden, Bob and Judy Linker, Ron Gerard, Janice and Doug Burke, Alan Baldwin, Jim Dorian, Dan Unruh, Henry Chance, James Riddleberger, Forrest Mehlhorn, Deb Wilson, Keith Norcross, Jeff Hinck, Will Keiser, Nancy Finnemore and Gary Stone.





Kieve was given a Hope Cross by Fireman Warren Forsyth that was made from the steel of the North Tower. The following is a special poem about the cross written during the week by Landi Guyon, wife of fireman Billy Gates:

*Where families are united and come together as one
There now stands a cross to glisten in the sun
Amidst listening hearts that fathom all that came to be lost
Forged of steel from the devastation of 911
Never to forget the lives it cost
While God applauds this work clapping the shore with a wave
I close my eyes and I am in Kieve.*



Alumni & Family Adventure Camp

Eleven families joined us in what was the best weather of the summer season. We kicked off with fun and laughter as staff led us through “get to know you” ice breakers followed by cocktails on the deck and a delicious barbecue, family style! Participants enjoyed daily activities such as sailing, canoeing, kayaking, ropes course, archery, riflery, arts/crafts, swimming, pottery, fishing, field sports and more. Warm evenings were enjoyed by the fireside with storytelling, a parents’ night out, carnival for the kids, or listening to David “Archie” Archibald’s acoustic talents and vocals (a special “shout out” to Jonathan Waldo for strumming out some classical tunes).

Malley Weber returned for her third year to teach pottery, where families could learn a variety of clay craft, both on and off the wheel and take home kiln dried creations. Throughout the week families enjoyed horseback riding at nearby 100 Acre Woods, Snowgoose III lobster boat tour, as well as a trip to Boothbay’s beautiful Botanical Gardens.

Our avid fishermen confirmed that small mouth bass fishing was the best! Family Camp’s final night culminated with an amazing talent and slide show that had us all smiling and laughing. At evenings end our shared experiences had brought us closer to one another with new friendships that would be forever memorable.





Wavus Woman's Fall Allagash Trip

Our crew of eight paddled the Allagash this September with the best of weather and wildlife conditions! The food was gourmet and the laughter was the best. Some of us enjoyed a swim in the refreshingly cold 'gash!' Great trip and we look forward to our next paddle adventure. Just for the record; we did NOT do Mud Pond Portage.

Participating were Leslie Wicks, Sara Taylor, Maris Wicks, Pam Landry, Carolyne Landau, Carol Brightman, and Suse Wicks.



Pam Landry in the stern and Wavus' Wilderness Tripping Director Sara Taylor enjoy a remarkably clear day paddling the Allagash Wilderness Waterway.





Session 1 ~ 2009



Session 2 ~ 2009